



FINAL

STUDY GUIDE

SET UP THE ENVIRONMENT

- ☐ Designate a study area – quiet, well-lit and private. Not too hot or too cold.
- ☐ Limit chances of distractions and interruptions.
- ☐ Play suitable study-music softly in the background or let your child listen to it on device with headphones.
- ☐ Provide water or non-sugary drinks and healthy snacks – studying is hard work!
- ☐ Look back at PowerPoints to see important book sections
- ☐ Reread textbook chapters

QUIZ TOPICS

- ☐ **Chapter 19 Introduction to Psychological Skills Training**
 - Why do players and coaches often neglect psychological skills training?
 - Who should be doing PST?
 - When is it generally the best time to incorporate PST programs?
 - Why is a performance profile useful to have as a coach/trainer?
 - How can mental toughness be increased?
- Chapter 20 Arousal Regulation**
 - Know and understand progressive relaxation.
 - The “Checklist of Performance States”
 - Relaxation techniques and their classifications
 - Effective breathing
- Chapter 21 Imagery**
 - What senses are involved in imagery?
 - Explain psychoneuromuscular theory.
 - Effective imagery training involves what?
 - Internal vs. External imagery.
 - PETTLEP Imagery.
- Chapter 22 Self Confidence**
 - What is the most dependable information to base self-efficacy on?

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G Orfield



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