Psychological skills

International Baccalaureate · IB Diploma · Sports, Exercise and Health Science · HL · Vocabulary in context

Word	Example
psychological skills training	**Psychological skills training** develops mental skills through regular practice.
performance profile	A **performance profile** compares an athlete's current and desired qualities.
single-case design	A **single-case design** measures one athlete many times before and during training.
goal setting /gəʊl ˈsetɪŋ/	**Goal setting** gives an athlete clear aims for practice.
outcome goal	Winning a race is an **outcome goal**.
performance goal	Running a personal best is a **performance goal**.
process goal	Keeping the elbow high during a throw is a **process goal**.
imagery /ˈɪmɪdʒri/	**Imagery** uses imagined senses to practise a sporting situation.
mental rehearsal	**Mental rehearsal** practises a skill in the mind.
internal imagery	**Internal imagery** shows the action through the athlete's own eyes.
external imagery	**External imagery** shows the athlete from an outside viewpoint.

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kinaesthetic imagery	**Kinaesthetic imagery** recreates the feeling of movement.
self-talk	**Self-talk** is what an athlete says silently or aloud to themselves.
instructional self-talk	Saying 'keep your eyes on the ball' is **instructional self-talk**. "keep your eyes on the ball"
motivational self-talk	Saying 'I can keep going' is **motivational self-talk**. "I can keep going"
thought stopping	**Thought stopping** uses a planned cue to interrupt an unwanted thought.
reframing	**Reframing** views a difficult match as a useful challenge.
cue word	A short **cue word** can direct attention before a serve.
matching hypothesis	The **matching hypothesis** says choose a calming method that suits the type of anxiety.
progressive muscle relaxation	**Progressive muscle relaxation** alternates muscle tension and release.
biofeedback	**Biofeedback** shows your heart rate on a screen so you can learn to calm down.
mindfulness and meditation	**Mindfulness and meditation** practise attention to the present moment.
concentration /ˌkɒnsənˈtreɪʃn/	**Concentration** keeps attention on the current task.
pre-performance routine	A **pre-performance routine** prepares attention before a skill.

Word	Example
choking	**Choking** is a marked performance drop under pressure.

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