Sports Psychology

Sports psychology is the scientific study on behavioral, cognitive, and effective domains. It’s the study of behavior and Exercise in sport. It’s in a sport setting.

What does it do? It explains and predicts. It is a performance enhancement. It is a psychological enforcement. It deals with many conflicts.

There are two types of sports psychology, applied and experimental. Applied works with the athletes. There are two subtopics to this. Clinical is when you deal with the emotional part, for example eating disorders and depression. You have to have a doctorate degree. The other type is Educational. This is a sports psychologist. They teach the principles to the athletes. They teach how to cope. The terminology that coaches use makes a difference. “When you make this shot,” opposed to “If you make this shot.” It gives confidence.

Experimental type of sports psychology deals in research. Do not deal with hands on things with the athlete. Further the knowledge by research. These are the scientists or scholars. Report research to those in the field.

Sports Psychology is relatively new. 1898 was the first psychologist n England that did research in “sports psychology” Observed in cycling. There was difference between having competition and going against a clock. In 1933 it was disbanded because of Depression. 1949 Warren Johnson of University of Maryland edited books on people’s thoughts. Finally in 1965 ESSP was formed. From then on the discipline exploded.