*What are my tasks for these two assignments?*

1. **Choose at least one topic for your oral presentation.**
   1. Choose one of the below topics for your oral presentation. **Regardless of the topics you choose, make sure to include personal examples, examples from individuals you know, and/or professional athletes in your oral presentation. These examples will serve as evidence for your views.** You will have an opportunity to use theory and empirical evidence in an oral presentation at the end of the semester.
   2. Please note that the questions in the topics are opinion-based and thus there are no “right” or “wrong” answers.

Personality: To what extent do you think personality affects athletic performance? How does personality affect athletic performance? Do you believe there are gender differences in personality? Why or why not?

Motivation: What are they different motivations (and motivational challenges) that predict success in athletic performance? How can a teacher and/or coach affect motivation? What contextual features and/or personality characteristics affect motivation in athletic performance?

Stress and Anxiety: How would you define stress and what are sources of stress in athletic performance? What strategies reduce stress in athletic performance? How can a coach increase/decrease stress?

Self-confidence: How would you define self-confidence and how is it related to expectations? What are the sources of self-confidence? How do characteristics of confidence affect athletic performance? What are some strategies for building self-confidence?

Attention and Concentration: How would you define “attention” and how does attention affect athletic performance? What are some strategies for enhancing attention? Are there sport-specific types of attention?

Burnout and overtraining: How would you define burnout and overtraining? How does burnout occur in athletes? What are some effective strategies to limit burnout? What are some effective strategies once burnout has occurred?

1. **Prepare your oral presentation using the strategies discussed in class**
   1. You do **NOT** need to find additional research for this presentation. This presentation is opinion-based.
   2. Make sure to check the rubric on page 3.
   3. Practice, practice, practice!
2. **Complete your oral presentation during class #4**
   1. You will **NOT** present in front of the entire class
   2. You will be placed in groups of 4 to 5 and present within these small groups
   3. Your presentation should be between 3 – 5 minutes.
3. **After each presentation, respond to the following reflection questions and provide presenter with feedback.**
   1. Identify at least aspect of the presentation that was effective.
   2. Identify one aspect of the presentation that could be improved.
   3. Identify at least one thing you learned about the speaker.

*Why am I doing this assignment?*

This assignment offers an opportunity for you to develop an important component of a FTS course: oral communication.

*What are the deadlines/important dates for the oral presentation assignment?*

* **Introduction to assignment:** September 4th
* **Presentations:** September 8th

*How will this assignment be evaluated?*

* Please see the rubric on page 3.

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| --- | --- | --- | --- | --- |
|  | **1** | **2** | **3** | **4** |
| **Delivery of presentation** | Holds no eye contact with audience, as entire report is read from notes  · Speaks in low volume  and/ or monotonous tone, which causes audience to disengage | Displays minimal eye  contact with audience,  while reading mostly from the notes  · Speaks in uneven volume with little or no inflection | Consistent use of direct eye contact with audience, but still returns to notes  · Speaks with satisfactory variation of volume and  inflection | Holds attention of entire  audience with the use of  direct eye contact, seldom looking at notes  · Speaks with fluctuation in  volume and inflection to  maintain audience interest and emphasize key points |
| **Enthusiasm** | Shows no interest in topic  presented | Shows little or mixed feelings about the topic  being presented | Shows some enthusiastic  feelings about topic | Demonstrates strong  enthusiasm about topic  during entire presentation |
| **Organization** | Presentation shows little organization,  unclear purpose, and/or unclear  relationships or transitions | Presentation is organized, but there are issues related to transitions | Presentation is fairly well organized with minor issues related to main ideas and/or transitions | Presentation is well organized with clear main ideas and transitions |
| **Topic** | Oral presentation does not address one of the topics and/or does not draw from personal examples | Oral presentation superficially addresses one of the topics and/or superficially draws from personal examples | Oral presentation addresses one of the topics and draws from personal examples | **XXXXXXXX**  **XXXXXXXX**  **XXXXXXXX**  **XXXXXXXX** |