

Sport psychology is an interdisciplinary science that draws on knowledge from many related fields including biomechanics, physiology, kinesiology and psychology.

It involves the study of how psychological factors affect performance and how participation in sport and exercise affect psychological and physical factors.

Sport psychologists teach cognitive and behavioural strategies to athletes in order to improve their experience and performance in sports.

Applied sport and exercise psychology consists of instructing athletes, coaches, teams, exercisers, parents, fitness professionals, groups, and other performers on the psychological aspects of their sport or activity.

The goal of applied practice is to optimize performance and enjoyment through the use of psychological skills and the use of psychometrics and psychological assessment.

Below are 2 URL links to videos regarding Sports Psychology.

One from AIS and the from a UK Elite Rowing Coach.

With Sports Psychology most principles apply no matter what the sport but can be refined for the sport or the targeted towards a whole team or an individual.

<https://youtu.be/0QkpxvmOI8o>

<https://youtu.be/66jpOPdDGYE>