



The Effect of a Psychological Skills Training Program on Youth Athletes' with a Disability Well-Being in Sport and Life

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Athletes with a Disability



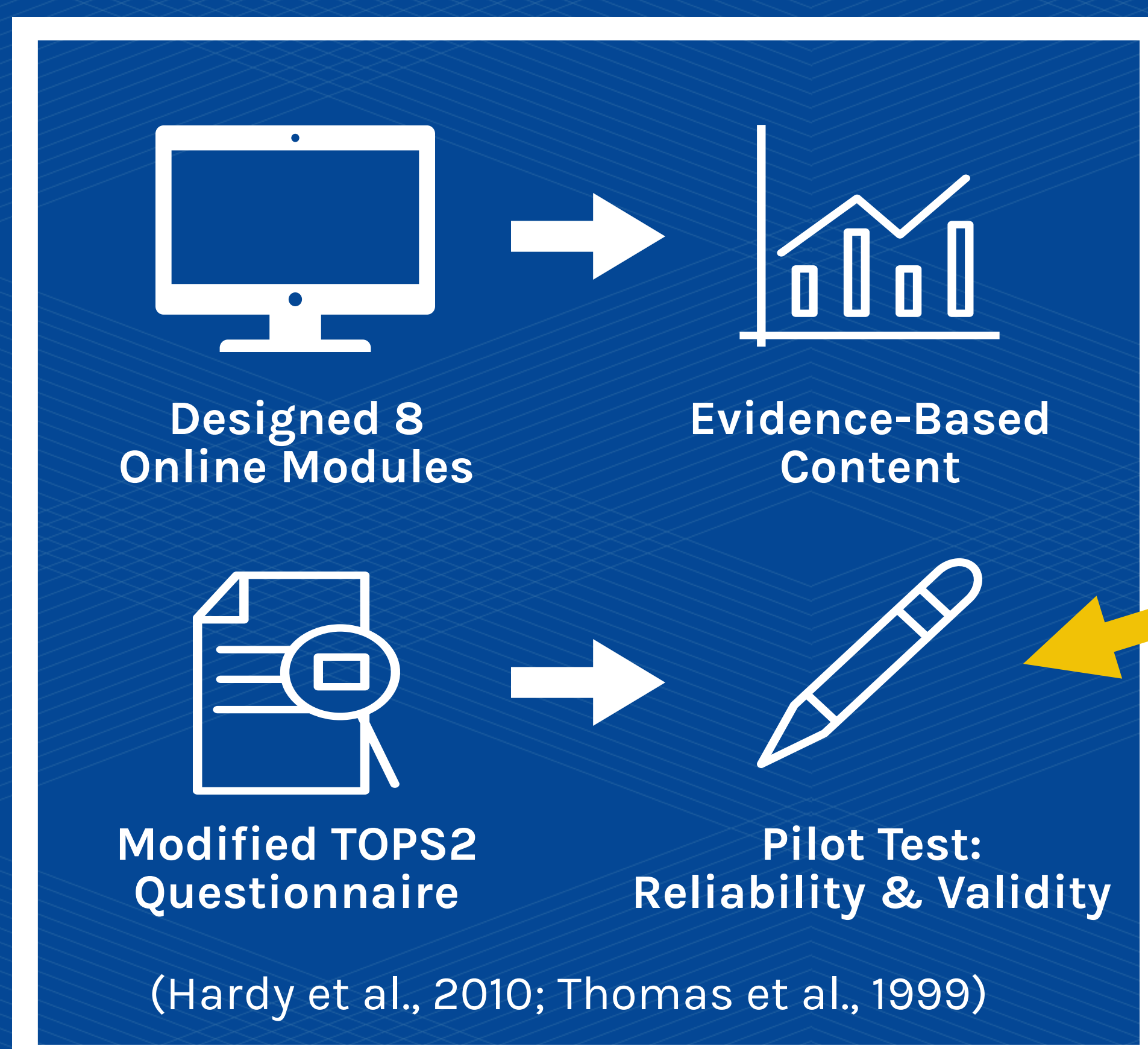
Psychological Skills Training

Descriptive research examining the psychological skills of athletes with a physical disability is reasonably developed, yet applied intervention studies in the area are rare. Although many elite para-athletes have the opportunity to work on their psychological skills with a sport psychology consultant, few amateur athletes with a disability have the same opportunity to access these support services.

(Dieffenbach & Statler, 2012; Martin, 2005)

Objectives

- 1 To examine if psychological skills training (PST) works with young athletes with a disability.
- 2 To examine whether the effects of PST last over time.
- 3 To examine what works and doesn't work in a PST program for youth athletes with a disability.



Next step

Take-Home Message

The potential impact of a PST program on athletes with a physical disability is far reaching. Because the free PST program will be delivered online, all athletes with a disability can access the training materials thus eliminating some of the noted barriers (e.g., cost, accessibility, transportation). In addition to the improvement of sport performance, PST programs also have the potential to improve psychological skills, as well as to positively impact well-being in sport and life.

Online Modules



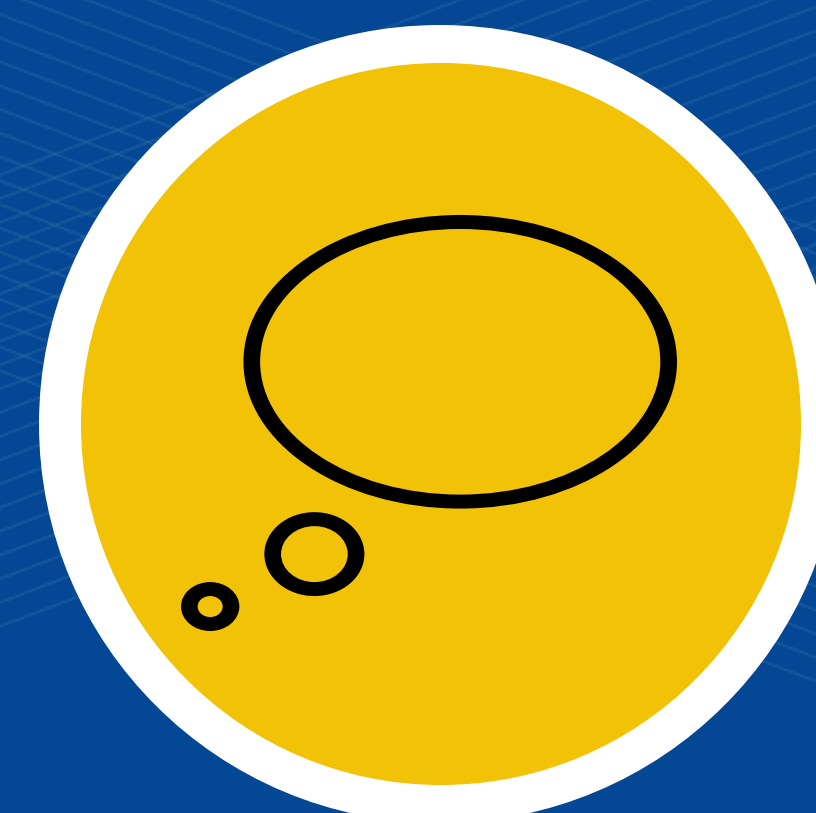
Goal Setting

Establishing an action plan designed to motivate you to become more productive and effective.



Imagery

The creation or recreation of a sport experience in the mind. Imagery is deliberate and multisensory.



Self-Talk

The words or phrases you say to yourself. These should be positive, motivating, meaningful, and easy to remember.



Routines

Help you control emotions, focus on the task, and get in the zone. Your routine is 100% in your control!



Concentration

It is both limited and selective. Focus on relevant information and block out distractions.



Managing Emotions

Your reactions to events, interactions or outcomes in sport. Coping strategies can help reduce stress.



Psyching Up

Should be used when feeling below desired energy levels. Pep talks, pre-competition workouts, and listening to music are all strategies to help you psych up.



Relaxation

Strategies used when feeling above desired energy levels. Deep breathing, progressive relaxation, and meditation are all strategies to help you relax.



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