AKADEMI KEJURULATIHAN KEBANGSAAN
SKIM PERSIJIILAN KEJURULATIHAN KEBANGSAAN (SPKK)
SPORT SCIENCE NOTES
LEVEL III
UNIT 8
SPORTS PSYCHOLOGY

TEAM BUILDING AND COHESION
- Team building
- Team harmony
- Positive environment

MEASUREMENT AND EVALUATION OF PSYCHOLOGICAL ATTRIBUTES
- Psychological assessment tools
- Mental Performance Inventory
- Test of Performance Strategies
- Competitive State Anxiety Inventory 2R
- Profile of Mood States
- Ideal Performance State Card

PLAN AND APPLICATION OF PSYCHOLOGICAL SKILLS PROGRAM IN TRAINING
- Implementing psychological skill training
- Off-sites pre-competition strategies
- On-sites pre-competition strategies
- Competition strategies
- Types of mental plan
- The mental skill training-approach
- Periodization approach to mental training

TACTICS, MATCH ANALYSIS, MATCH PLAN
- Tactics
- Match analysis
- Match plan

PERCEPTUAL MOTOR INTELLIGENCE
- Developing Thinking Athletes

OBJECTIVES

Participants are able to:
- Explain the concept of team cohesion
- Design a psychological skills training program
- Measure and evaluate psychological attributes
- Explain and apply match analysis
- Explain and how to develop thinking athlete
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<th>Name</th>
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<tr>
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**Topic 8: Sport Psychology**

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