

**INFORMATION ABOUT THE MODULE**

1. **MODULE TITLE:** Seminar in counseling techniques and mental training for excellence
2. **MODULE CODE:** Workshops
3. **TEACHING MODE:** Six 2 hour class meetings
4. **MODULE ID:** Module of the 2<sup>nd</sup> semester

**Module keywords:** psychological skills training, counseling techniques,

**5. AIM OF THE MODULE:**

Students will practice consulting skills and techniques that are required for working effectively with athletes and exercisers. Furthermore, they will work towards developing their personal approach to consulting with clients. They will also have the opportunity to read, discuss extensively and comprehend out of the ordinary situations that arise in the world of sports.

**6. LEARNING OUTCOMES:**

At the end of this module students should:

- be comfortable applying the major psychological techniques applied most often used in sports
- be on their way to develop a personal approach and philosophy towards sport psychology consulting

**7. TEACHING METHOD:**

Short presentations, application of techniques, discussion.

**8. TIMETABLE & PLANNING:**

	<b>Method</b>	<b>Topic</b>
1	Guided session	Need assessment
2	Students' presentation & practice	Goal setting
3	Students' presentation & practice	Relaxation
4	Students' presentation & practice	Self-talk
5	Students' presentation & practice	Imagery
6	Students' presentation & practice	Pre-performance routines

**11. STUDENT EVALUATION:**

- Short presentation (pass – fail)
- Exercise log and application of skills (pass – fail)
- Reflections on application of skills (pass – fail)

**Short presentation**

Students in pairs / teams will prepare an introductory presentation (10 – 15 minutes) on the specifics of topic (one topic per / team). This should include a brief description (what, when, where, why, how), the aims of using the technique, and guidelines for effective application.

**Exercise log and application**

Each student should prepare, and include in a log, exercises for each seminar that should last approximately 30 minutes. These exercises will be applied in pairs during the seminars. This should be delivered on the day of the class.

**Reflections**

After the conclusion of each seminar students should reflect on the application of the exercises that took place during the seminar (impressions, things gone well/wrong, ways to improve). This should be approximately 500-600 words and should be delivered within 48 hours).

## **12. SUGGESTED MATERIAL**

### **Books**

1. Andersen, M.B. (2005). *Sport Psychology in Practice*. Champaign, IL: Human Kinetics.
2. Halliwell, W., Orlick, T., Ravizza, K., & Rotella, B. (2003). *Consultant's guide to excellence: For sport and performance enhancement*. Chelsea, CA: Zone of Excellence.
3. Hill, K. L. (2000). *Frameworks for Sport Psychologists*. Champaign, IL: Human Kinetics.
4. Orlick, T. (2000). *In pursuit of excellence*. IL: Human Kinetics.
5. Orlick T. (1986). *Psyching for sports*. IL: Human Kinetics.
6. Orlick T. (1998). *Embracing your potential*. IL: Human Kinetics.
7. Unglerleider, S. (1996). *Mental training for peak performance*. PA: Rodale Press Inc.

### **Journals**

1. *Journal of Excellence* (1998 - 2006). Accessed at [www.zoneofexcellence.ca/index.html](http://www.zoneofexcellence.ca/index.html)
2. *Journal of Applied Sport Psychology* (1995 - today). Practitioners' corner.
3. *The Sport Psychologist* (1994 – today). Professional practice articles (see examples below).

### **Websites**

1. <http://www.olympic.org/uk/>
2. <http://www.coachingwales.com/1222>
3. <http://www.vbvideo.com/products/index.html>
4. <http://www.geocities.com/CollegePark/5686/jrnl.htm>
5. [http://www.geocities.com/sportsmovies/SPMD\\_Theme\\_Index.htm](http://www.geocities.com/sportsmovies/SPMD_Theme_Index.htm)
6. <http://www.sportsmindskills.com/index.php>
7. <http://sportstrainingblog.com/>
8. <http://www.ussa.org/magnoliaPublic/ussa/en/formembers/coaches/learningmaterials.html>
9. <http://www.zoneofexcellence.ca/>