

Mental Skills Training

1. Main objective of the teaching unit

The module contributes to the fulfillment of the educational goals of the Euromental project, by providing the knowledge and the competences in mental skills training in relation to performance. Theoretical framework as well as mental skills techniques will be presented.

At the end of the class, the student will have to demonstrate the acquisition of:

- 1) Knowledge about theoretical framework of mental skills training,
- 2) Knowledge and understanding of different concepts of mental skills – theory and practice
- 3) Knowledge about mental skills measurements
- 4) Ability to critically analyse theories in the area of performance psychology concerning mental skills training,

2. Contents

The course provides theoretical, methodological and applied frameworks related to mental skills training. Different mental strategies such as arousal regulation, concentration (attention), imagery, self-talk, self-confidence will be discussed. Measurements and instruments to assess the efficacy of training programs targeting psychological skills and strategies in sport will be presented.

3. Recommended bibliography

Vealey, R. S. (2023). A framework for mental training in sport: Enhancing mental skills, wellbeing, and performance. *Journal of Applied Sport Psychology*, 1-20.

Taylor J. (Eds.) (2018). *Assessment in applied sport psychology*. Human Kinetics.

4. Teaching methods

Instruction is in the form of lectures, group work, literature seminars, and demonstrations of methods in mental training.

5. Evaluation methods

The exam is composed of two pieces:

- 1) Written exam in form of a mental skills training for performance preparation.
- 2) Oral presentation and discussion with peers how mental skills training can be implemented.

The weight of each piece will be as following:

70% written exam; 30% oral presentation