

Book report

Psychology



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First Section # TA: TA First & Weekly Journal – _____ Part Topic of the Week
point) Summary of video clip/quote/article (2-3 sentences):

This book talks about the facet of mental preparation for athletes. In essence, the book is an assemblage of easy techniques for mental conditioning toward succeeding in high-stake sporting events.

Commentary about why it was of interest to you (2-3 sentences)

I found this interesting because I thought it would be useful in my own preparation before competitive sporting events. Moreover, the lessons and principles noted therein are applicable in other domains of life, including personal relations and professional career development.

Source: (internet link, name of article, etc)

Mack, Gary & Casstevens, David. Mind Gym: An Athlete's Guide to Inner Excellence, Published by McGraw-Hill in 2002, pp. 240.

Part 2: Weekly Goal (1 point)

My goal for this week is to try and incorporate some of the tips suggested in Mind Gym to my own training regimen. The best way to measure its success would be by scrutinizing the results of the performance.

Goal must be a specific, measurable, achievable, & timely goal (SMART)

Goal must be Controllable & Positive!

Part 3: Assigned Reading Summaries (5 points = 1 point per chapter)

Chapter Title Progress not perfection

Main concepts/topics (2 sentences)

This chapter reviewed how sporting excellence is much more than attaining a ten-on-ten score. Mack makes it clear that the sportsman should not compete with his peers, but with his own previous benchmarks.

Overall Message (2-3 sentences)

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The author's main message was that by focusing on progress and not perfection, the athlete can continue to improve throughout his career. He can at the same time avoid feeling complacent and sitting on his past laurels.

Chapter Title don't shirk the work

Main concepts/topics (2 sentences)

This chapter reviewed how there is no substitute for hard work. Gary Mack acknowledges that the tips and methods of mental training can only work with accompanying persistence of effort and application.

Overall Message (2-3 sentences)

The author's main message was that mind conditioning techniques do not work in isolation. It is upon the substrate of rigorous physical training and consistent application of the techniques that desired results are achieved.

Chapter Title Fatal distractions

Main concepts/topics (2 sentences)

This chapter reviewed how sportspersons lives are full of distractions and how deleterious they can prove to be. Successful sportspersons attract huge fan following and great wealth. Keeping one's head on their shoulders is fundamental to building a long career.

Overall Message (2-3 sentences)

The author's main message was that trappings of glamour and money that accompany sporting success. The athlete should constantly be on guard to not allow these externalities to affect his focus.

Chapter Title Fate loves the fearless

Main concepts/topics (2 sentences)

This chapter reviewed the importance of risk-taking. Without risk there is no

reward in any sporting activity. However, there is a fine line that separates educated risk-taking and recklessness.

Overall Message (2-3 sentences)

The author's main message was that successful athletes make the maximum use of informed risk-taking. They make sure that their risks offer more potential gains than potential losses.

Chapter Title Permission to win

Main concepts/topics (2 sentences)

This chapter reviewed the importance of psychological conditioning to taste lasting success. Often, an athlete's worst enemies are his/her own nerves and shaky self-belief.

Overall Message (2-3 sentences)

The author's main message was if the athlete does not perceive himself as a champion, then he is unlikely to become one. The mental barriers in recognizing one's own talent and merit are the first hurdles toward winning trophies.

Part 4: Guest Speaker Questions

Guest Name: Dennis Cutts

Question text: Mr. Cutts, do you think sports psychologists have an important role to play in the highly competitive environment of college basketball today? If so, what areas of the game do you think their contributions are most valued?

1. Question text: In your experience as college basketball head coach, how important are visualization techniques in ensuring performance delivery on the day of the match?

2. Question text: What lessons can one draw from successful basketball

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teams towards one's own professional and personal lives?

Total Points Possible per week= 10