

Annotated bibliography example

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Annotated Bibliography of Learning: Walker, N., Thatcher, J. & Lavallee, D. (2007). Psychological responses to injury in competitive sport: a critical review. *Perspectives in Public Health* 127 (4): 174-180.

Although no information is given about the author, the reader gets information on the psychological factors that affect athletes rehabilitation after injury experience as they adapt to grief and cognitive appraisal models of stress coping. Target audiences of this article include the sports therapists, sports trainers, medical staff, physiotherapists, and sports psychologists who are immensely affected by the athlete's rehabilitation process. Research study reveals on the use of models of sport injury and rehabilitation through grief or integrated model approach as a way of addressing athlete's injury. The article is valuable as it emphasizes on improvement of athletes injury recovery through interrelationships between behavioral, cognitive, emotional response as models to assist in athletes recovery.

Grindstaff, J., Wrisberg, C. & Ross, J. (2010). Collegiate athletes' experience of the meaning of sport injury: A phenomenological investigation. *Perspectives in Public Health* 130 (3) 127-135.

Authors of this article are psychology specialists who give an insight view on the prominence of coaching in the empowerment of athletes in injury and rehabilitation process. The article main audience consists of instructional coaches, trainers and physiotherapists attending to training athletes. In the article oversight, view on effective management of emotions, coping and relationships perspective of athletes as it gives an in-depth study of the meaning collegiate athletes. This article is beneficial as it advises coaches on selection of appropriate rehabilitation process of post-injury and afterwards
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return to participation of athletes in their respective sports.

Birrer, D., Rothlin, P., & Morgan, G. (2012) Mindfulness to Enhance Athletic Performance: Theoretical Considerations and Possible Impact Mechanisms. *Mindfulness*. 3(3): 235-246.

Although no information is given concerning the authors, they seek to explain the significance of coaches focusing on assisting athletes in coping with challenges they face in the sports field. Information in the article is useful to the sports coaches and psychologists as it focuses on the effectiveness of supporting athletes in coping with both sports and personal challenges. More emphasis of the article is based on the design of the cognitive and behavioral theories as psychological skills training to improve levels of athletes coping with challenges during training and competition. The articles provide beneficial information in coaching program especially on self-regulation in negative emotion regulation, besides providing exposure and flexibility on one's internal life.

Barkera, J., Mellalieu, S., McCarthy, P., Jones, M. & Morand, A. (2012). Special Issue on Single-Case Research in Sport Psychology. *Journal of Applied Sport Psychology* 25 (1): 1-3.

Although no information is given about the author, the reader gets information on the psychological factors that affect athlete's performance as they undertake training and competition. Target audiences of this article include the sports therapists, sports trainers, physiotherapists, and sports psychologists who are directly involved with athletes mental and physical activity. Research study reveals on the essentiality of evaluating athletes by looking into physical activity, physical fitness interventions and exercise of <https://assignbuster.com/annotated-bibliography-example-essay-samples-3/>

athletes as a way of addressing athlete's performance. The article is valuable as it emphasizes on improvement of athletes performance through continuous monitoring of athletes training process as models to assist in athletes success in competitions.

Alfermanna, D., Geislerb, G. & Okadec, Y. (2012). Goal orientation, evaluative fear, and perceived coach behavior among competitive youth swimmers in Germany and Japan. *Psychology of Sport and Exercise* 14 (3): 307-315

Although no information is given about the authors, the articles give the significance of instructional coaching in focusing on increased goal orientation based on the perceived coach support in improving athlete's performance. Target audience includes coaches, sports psychologists and trainers. The article shows how effective coaching based on feedback, reflective process, content based, needs communication besides adherence to the coaching program that gives the athletes feelings of satisfaction as the program transpires because of the support and instructions based on improving their performance. This article is constructive as it gives information on how supporting and constructive coaching assist in improving athletes performance.

Neila, R., Hantona, S. & Mellalieu, S. (2012). Seeing Things in a Different Light: Assessing the Effects of a Cognitive-Behavioral Intervention upon the Further Appraisals and Performance of Golfers. *Journal of Applied Sport Psychology*. 25(1): 106-130

Although no information is given about the author, the reader gets information on the influences of cognitive-behavioral intervention program as a way of assisting athletes to undertake training and competition. Target <https://assignbuster.com/annotated-bibliography-example-essay-samples-3/>

audiences of this article include the sports therapists, sports trainers, physiotherapists, and sports psychologists who are directly involved with athletes mental and physical influences in the training process. More significantly, the article focuses on the use of cognitive and behavioral interventions to improve levels of athletes coping with challenges during training and competition. The article is valuable as it emphasizes on improvement of athletes performance during training process as a way of assisting athletes' success in competitions.

Brewer, B. (2003). Developmental Differences in Psychological Aspects of Sport-Injury Rehabilitation. *Journal of Athletic Training*, 38(2): 152–153.

Although no information is given about the author, the reader gets information on the handling stress levels accompanied by injury by enhancing increased coping skills, social support and improving individual personality. Target audiences of this article include the sports therapists, physiotherapists, trainers, and sports psychologists who are directly involved with athletes physical training and mental activity. Research study reveals on the essentiality of using stress-management interventions in supporting athletes both physically and mentally in effective management of posttraumatic distress that remains significant after sport injury. The article is valuable as it emphasizes on improvement of athletes individual stress management both in training and competition.

Wagman, D. & Khelifa, M. (1993). Psychological Issues in Sport Injury Rehabilitation: Current Knowledge and Practice. *Journal of Athletic Training*, 31(3): 257–261.

Although no information is given concerning the authors, they seek to explain the significance of coaches focusing on psychological issues that <https://assignbuster.com/annotated-bibliography-example-essay-samples-3/>

affect individual athletes in athletic injury rehabilitation. Information in the article is useful to the sports coaches, trainers and psychologists as it focuses on the effectiveness of supporting athletes in coping with both sports and personal challenges addressing psychological issues that athletes encounter both in training and competition. More significantly, the article explains the use of relevant cognitive and behavioral psychological skills as a way of addressing psychological and physical challenges athletes face during training and competition. The articles provide beneficial information in athletic injury rehabilitation as it addresses both the athletes work and personal challenges to enhance outstanding performance.

Natalie Walker, Thatcher, J. & Lavalley, D. (2007). Review: Psychological responses to injury in competitive sport: a critical review. *Perspectives in Public Health*, 127 (4): 174-180.

Authors of this article are psychology specialists who attend to individuals in the sport and exercise science school as they focus on the suitable psychological interventions in sport injury and rehabilitation. The article main audience consists of sports trainers, physiotherapists, sports therapists, and sports psychologists. In the article oversight, view on use of grief response models remains relevant in recovery oriented outcome based on the interrelationships between behavioral and emotional responses based on cognitive appraisals. This article is beneficial as it advises coaches on use of both integrated response based on physical and mental interventions focused on increasing sport injury and rehabilitation model.

Tracey J. (2003). The emotional response to injury and rehabilitation process. *Journal of Applied Sport Psychology*, 15 (279): 3—10.

Although no information is given about the author, the reader gets

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information on the use of increased emotion support response in athlete's rehabilitation after injury experience as they adapt to stress coping skills. Target audiences of this article include the sports therapists, sports trainers, physiotherapists, and sports psychologists who are directly involved in the athlete's rehabilitation process. The article is valuable as it emphasizes on improvement of athletes injury recovery through use of effective rehabilitation and injury response focused on the emotional reaction to stress injury as a way of protecting athlete's physical and mental health.