

Current issues in sport psychology

Psychology



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Current Issues in Sport Psychology Lecturer: Current Issues in Sport Psychology Athletics is one of the sports Psychology activities that have become stimulating career opportunities in the contemporary society. It is one of the sport psychologies that stimulate the mind and emotion of an individual. Aoyagi, Portenga, Poczwardowski, Cohen and Statler, (2012) point out that concentration in sport psychology has increased since the past 20 years. This is because of the realization in the winning edge, in athletics, which is for not only physical advantage but also amalgamation of physiological and psychological factors. The athletics as a sport psychology has gained an increasing attention in the contemporary society because it is a significant career, which is beneficial.

Athletics is significant in the field of sport psychology because it contributes to emotional development and health of an individual. Some researchers reveal that the sport psychology is changing, and the future will require theoretical and functional features, which allies to performance enhancement (Aoyagi et. al, (2011). Athletics is described as performance enhancement and a unique feature of sport psychology. Therefore, in order to achieve better performance in athletics, the coaches train the athletes in various areas including physical health counseling, performance excellence and psychological consultations.

Naoi, Watson, Deaner and Sato (2011) reveal on the relationship between multicultural exposure and current athletics and their preferences towards sport psychology. Their research conducted revealed that some cultural participants are more knowledgeable than others in sport psychology are. For instance, the Japanese athletics participants are more experienced in sport psychology than the American athletes are. Thus, the American

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athletes prefer seeking mental skills and health in sport psychology while the Japanese may seek to help their teammates to develop mental skills and health issues in sport athletics.

References

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