

## ASK THE SPORT PSYCHOLOGIST!

\*Choose one of the following topics, or other topic as approved by teacher

\*Create a google slideshow or prezi or powerpoint covering all of the points listed. (add visuals!)

\*NOTE: The textbook is only a starting point...you may need to research your topic further using other resources.

### EVALUATION:

CONTENT (all points are covered thoroughly...but concisely!) /10

*\*last slide: summary of key points for class to copy*

CREATIVITY (visuals/graphics are appropriately used) /10

PROFESSIONALISM (spelling, organization, display) /10

## CONTROVERSIAL ISSUES IN SPORT

### A) MENTAL IMAGERY

- When did mental practice originate (when did it really start to become popular?)
- How is it done? (Describe different ways.)
- Who can benefit from mental practice?

### B) AGGRESSION & VIOLENCE

- Define: hostile aggression, instrumental aggression, assertive behaviour
- Describe 5 major causes of aggression. Explain how you can counteract each one.
- Spotlight some recent, high-profile cases of violence in various sports...what were the consequences (victims & offenders)?

### C) CHEATING (not including 'performance-enhancing drugs')

- What is the 'Sport ethic'? List the 4 norms that supposedly 'define an athlete'.
- List 4 situations in which these norms are taken to the extreme (i.e. 'Sport Deviance').
- Give examples.

### D) PERFORMANCE-ENHANCING DRUGS

- List several types of performance enhancing drugs.
- How do they improve performance?
- What are the health risks?
- Spotlight a few well-known 'drug busts' in recent sport history.
- What is your opinion on the use of steroids in sport? Is it cheating?

### E) GENDER EQUALITY & SPORT

- Briefly summarize the history of women in sport, and how it has progressed. (Some specific examples would make this interesting...like the first female to run - in disguise as a man - in the Boston Marathon!)
- Outline the major political changes that have elicited improved opportunities for female athletes. \*Research 'Title IX' here as well (not in text).
- Highlight a few of Canada's best female athletes who have helped foster a greater interest in women's sports in Canada.

### F) RACISM & SPORT

- Define 'race', 'ethnicity' and 'minority group'.
- Summarize the history of 'the black athlete'. Give specific examples of key athletes.
- How has the representation of black athletes changed over the years? (show Table 19.2)
- Sometimes stat's can be deceiving. Research and comment on the historical representation of black athletes in a) key positions (ex. QB, pitchers...), and b) coaching positions
- You'll find some pretty racist quotes from years gone by regarding this topic.

## G) HOMOSEXUALITY & SPORT

- In many countries, even still here in N. America, it is very difficult or impossible for an athlete to admit that he/she is gay. Highlight some of the first athletes to 'come out' publicly.
- What are the risks? Why the hesitation?
- How have those athletes been received?
- Even in the most recent 2012 Olympic games, certain athletes were threatened by political leaders for supporting gay rights while competing on the public stage (ex. high jumper with rainbow nail-polish). Highlight some of these cases and the laws of those countries.

## H) HISTORY OF THE OLYMPICS

- Unfortunately it is very difficult to separate sport from politics. Outline the major changes or significant events that have occurred since the first Olympics in 1896, until 2012. (Don't highlight every Olympic Games, just the interesting ones)
- Why was the 2010 Winter Olympics a huge turnaround for Canada? To what do most experts attribute our sudden success?

## I) SPONSORSHIP, MEDIA & CONSUMERISM

- Define sports sponsorship.
- List its advantages and disadvantages.
- Find a few of the best ads or commercials to illustrate sport sponsorship (ex. Tiger/Nike)
- How does media coverage change the nature of the game? How does sport also rely on media?

## J) PERSONALITY

1. Contrast 'personality traits' vs. 'personality states'.
2. Summarize the differences in personality traits between:
  - athletes & nonathletes
  - elite & lesser-skilled athletes
3. Do you believe the 'gravitational hypothesis' or do you feel that sport *shapes* a person's personality? Explain.

## K) ANXIETY & ATHLETIC PERFORMANCE

1. What is the difference between 'anxiety', 'stress' and 'arousal'?
2. Have the class take the 'Competitive State Anxiety Inventory' (p. 344) (scan it)
  - ...do you experience more 'somatic-state anxiety' or 'cognitive-state anxiety'? both equally? neither?
3. Describe the 3 relaxation interventions in the text. Which ones would work best for you? Other method?

## L) AUDIENCE EFFECTS

1. What are the two different 'social' factors that can affect performance? (Define each one.)
2. How can each of these affect performance?
3. What does research tell us about 'home advantage'? Give examples.
4. Have the class do the quiz on p. 358. Comment on your answers (in general).
5. Find 3 examples of historical events in which the crowd interfered with the outcome of a sporting event. (ex. European soccer match - fan shot a ref!)

## M) POST-CONCUSSION SYNDROME

- It is becoming more evident that repeated concussions can lead to aggressive behaviour and suicidal tendencies. Find evidence of this.
- According to news sources, it's becoming an epidemic - research several examples of high-profile cases of suicides or violent acts that have involved former professional athletes in high-impact sports. (ex. wrestler who killed his wife & child. NHL players committing suicide.)
- Argue whether or not these events could be attributed to 'post-concussion syndrome'.