IHP Exercise is Medicine Health Talk

Sport and Exercise Psychology

by

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A quick tour of my background

2004-2008
2008-2009
2009-2012
2012-2015
2015-Present
My Areas of Interests in Sport

Outline of Today’s Talk

1. Making Sense of Sport Psychology
   - What it is?
   - What are the key areas?
   - Research → Practice
2. Applied Sport Psychology
   - Anxiety and Performance
   - Breathing
   - Muscle Relaxation
   - Emotional Regulation
1. Making Sense of Sport Psychology

2. Applied Sport Psychology
   • Anxiety & Performance
   • Breathing
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   • Emotion Regulation

Making Sense of Sport Psychology

Quotes from Athletes

“I love cycling. I am going to keep racing as hard as I can until this body doesn’t allow me to anymore.”

- Chris Froome

“I’ve missed more than 6000 shots in my career. I’ve lost almost 200 games. 26 times, I’ve been trusted to take the game winning shot and missed. I’ve failed over and over and over again in my life. And that is why I succeed.”

- Michael Jordan

“Every additional year makes you look a little older and feel a little older and puts a little less time on the other side of that line, but that is OK.”

- Elton John

THERE ARE ALWAYS GOING TO BE OBSTACLES THAT COME IN YOUR WAY
STAY POSITIVE

- Michael Phelps
Sport Psychology: Snapshots

What is Sport and Exercise Psychology?

- Psychology is the scientific way to understand human thoughts and behaviour

- Sport psychology or performance psychology
  - Understanding athletes’ mindset and behaviours
  - Technique and strategies for sport performance
  - How to deal to stress and cope with setbacks

- Exercise psychology or health psychology
  - Psychological factors and processes of physical activity
  - Promote active and healthy lifestyle
The Roles of Sport and Exercise Psychologists

- Academic
  - Teaching + Research
- Practitioner
  - Counseling
  - Mental training
  - Assessment
  - On-field support

Competences of Sport and Exercise Psychologists

1. Apply or teach psychological theories and concepts to understand, predict, or enhance sport and exercise behaviour/experience

2. Construct and perform psychological research for athletes and sport participants

3. Use mental skills that are underpinned by sound, up-to-date knowledge of psychological theory
Traditional Research Areas

- Anxiety
- Concentration
- Confidence, Self-Concept
- Routine
- Mental toughness
- Motivation
- Performance

New Research Areas

- Psychological Factors
  - Psychological Well-being/ Ill-being
    - Eating disorder
    - Burnout
    - Depression
  - Morality/ Sportspersonship
    - Prosocial Behaviour
    - Cheating
    - Doping
  - Health Behaviours
    - Physical Activity
    - Exercise Rehab
    - Injury Prevention
Research inform practice, and vice versa

1. Theory and research behind
2. Development
3. Application
4. Evaluation
5. Refinement

Applying Research into Anti-Doping

“Have to” Avoid Unintentional Doping
“Want to” Avoid Unintentional Doping

Refuse Taking
Refuse Eating
Reading Info.

39%
34%
53%

Putting research into practice

www.playingclean.com.au

1. Making Sense of Sport Psychology
2. Applied Sport Psychology
   • Anxiety & Performance
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Applied Sport Psychology
Anxiety and Sport Performance

WADA also thinks so!

- Doping
  “Athletes illegally take banned substances that help control their anxiety”
  - Beta-Blocker
    - Banned in shooting - at all times
    - Banned in some sports, e.g., golf, dart and skiing etc., - in competition only
  - Alcohol
    - Banned in some sport (e.g., archery and motorcycling) in competition only
Somatic VS Cognitive Anxiety

Somatic Anxiety
- Anxiety expressed as physiological arousals
  - Flying heartbeat
  - Butterfly stomach
  - Muscles feel tight
  - Body feels tense
  - Sweating

Cognitive Anxiety
- Anxiety reflected by negative thoughts and feelings
  - Worry
  - Lose of concentration
  - Perception of apprehension
  - Self-doubts/ Confidence

Applied Sport Psychology

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Applied Sport Psychology

KEEP CALM AND BELLY BREATHE
Abdominal Breathing

• Or named “diaphragm breathing”

Abdominal Breathing Benefits

• Benefits
  • Energy Conservation
    • Reduced rip movement
    • Reduced shoulder movement
  • Deeper breathing
    • Imitate the breathing of sleeping
  • More relaxed
  • More concentrated
• Foundation of other mental skills
  • Imagery/ mental rehearsal/ visualisation
  • Progressive muscle relaxation
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**Applied Sport Psychology**

**Relaxation**

**Progressive Muscle Relaxation**

- Progressive Muscle Relaxation (漸進式肌肉放鬆法)
  - Relaxes the muscles, reducing muscle tension
  - Gives athlete greater sense of control over their bodies allowing them to lessen effects of anxiety
  - Athletes will be able to recognise when they are feeling muscle tension and be able to actively relieve it
Relaxation - Progressive Muscle Relaxation

How:

- **Progressive Muscle Relaxation - Example:**
  - Combination of tensing and relaxing muscles along with deep breathing
  - Tighten muscle group for 5 seconds
  - Relax for 5 seconds
  - While relaxed take a slow, deep breath
  - Feel the difference between states of tension & relaxation
  - Repeat again

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2. **Applied Sport Psychology**
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**Applied Sport Psychology**

- Anxiety & Performance
- Breathing
- Muscle Relaxation
- Emotion Regulation
Emotional Regulation 情緒調節

- Rational Emotive Behavioural Therapy (Ellis, 2000)

Activating Event | Beliefs | Consequences
--- | --- | ---
Match-Point | Anxiety | Lose the Game
Steep Hill | Worry of Exhaustion | Get dropped
Strong opponent | Fear of Winning | Give up

Be Aware of Negative Thoughts

- Match-Point
- Steep Hill
- Strong opponent

Awareness

- Stop it
- Calm down
- Focus
- Distraction
- Hold fists

Self-Talk

- Come on
- I can do it
- Hold on
- Keep going
- I can do it
- Relax

Thought Replacement

- Stop it
**Thought Replacement**

- "Oh shit" → "oh yeah"
- "OMG" → "Try my best"
- "Awful" → "Awesome"
- "I'm done" → "Hold on!"
- "Impossible" → "I can do it!"
- "It's over" → "Never give up"

**Conclusion**

- What is Sport Psychology?
- Theory/Research
- Practice Mental Skills
- Anxiety & Performance
- Breathing
- Muscle Relaxation
- Emotion Regulation