

Introduction to Study Guides

Parent & Child Study Guides to Watching a Sports Event

*Association for the Advancement
of Applied Sport Psychology (AAASP)*

Watching a sports event can be a valuable learning experience for young people. Within the sporting arena we see both good and poor examples of such topics as: setting and working towards goals, focusing attention, managing emotions, handling disappointment, relating to others, dealing with nervousness, etc.

In order to maximize this learning opportunity, AAASP has developed a series of study guides for parents and children to use while watching a sports event, either in person or on television. Each guide is brief and focused around a limited topic. It suggests certain observations and presents several questions for the parent and child to discuss. The study guide concludes with a brief summary of important facts regarding the topic.

We hope that these guides will promote a healthy dialogue between parents and their children about various issues that athletes face during sporting events, as well as in preparation for competition. Your child doesn't necessarily need to be an athlete to benefit from these discussions, since children experience most of these issues in daily life, such as in school. We hope that this information is helpful to you in promoting healthy ideas about sport, exercise, and human performance in general.

The following study guides are now available:

1. Importance of Good Sporting Behavior – Karen Collins, Ph.D.
2. Negative Effects of Poor Sporting Behavior – Karen Collins, Ph.D.
3. Cooperation vs. Competition within a Team – Andrea Corn, Psy.D.
4. Defining Success (Winning and Losing) – Andrea Corn, Psy.D.
5. Setting Goals in Sport and Life – Mark A. Hogue, Psy.D.
6. What Sacrifices Do We Have to Make in Order to Do Great Things? – Sharon A. Chirban, Ph.D.
7. Using Five Minutes before Your Performance – Jonathan Metzler
8. Dealing with Nervousness – Jack J. Lesyk, Ph.D.
9. Learning to Focus – Dr. John Heil
10. Dealing with Disappointment – Mark A. Hogue, Psy.D.
11. Resilience: “Bouncing Back Quickly” – Jonathan Metzler

AAASP encourages parents to do their part in creating a supportive youth sport environment so their child will develop a lifelong interest in physical activity and sports. By teaching fundamental sporting principles, you can help your child develop a winning attitude, not only in sports but also throughout his or her life.

About AAASP

Founded in 1986, the Association for the Advancement of Applied Sport Psychology (AAASP) promotes the ethical practice, science and advocacy of the psychology of sport, exercise and health. AAASP is the premier international, multidisciplinary sport and exercise psychology organization, and is the only professional organization in North America that offers certification to qualified professionals who practice sport, exercise, and health psychology. For more information on this and other topics, or to find a certified sport psychology consultant in your area, visit <http://www.aaasponline.org>.

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