

ASSESSMENT IN SPORT PSYCHOLOGY

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- What can you do to make sure an athlete performs best when it really counts?
- Will the athlete you're working with put it all together when everything is on the line?
- Are certain conditions more likely to lead to success (or failure)?
- Will the athlete be able, and willing, to make the changes required to be more successful?

In today's highly competitive environment, the answers to these questions often spell the difference between success and failure, not only for individuals, but also for entire teams and organizations. At the upper levels of performance, in situations where competing individuals and teams have all the technical skill and tactical knowledge required to be successful, psychological factors become the most important determinants of outcome. The ability to control emotions, to communicate effectively, and to perform under pressure is what separates winners from losers.

We can do a better job of answering these types of questions, with nothing more than psychological test information and a one-hour interview, than most coaches or managers can after working with the individual on a daily basis for 6 months. After testing and evaluating athletes, we often hear comments like the following:

- "I can't believe you got all that from a test."
- "Have you been at my practices and games for the past year?"
- "That's exactly what happened yesterday."
- "That's amazing! You described the situation perfectly."
- "Can you imagine where we could be if we'd known this stuff 3 years ago?"

We are confident that assessment will become an increasingly important part of graduate education in sport psychology. The reason is simple: Sport has become big business. In today's highly competitive sports markets, much is at stake, and winning is what it's all about.

Sport psychologists are beginning to uncover the links between thought processes and physiology; as a result, today's testing tools have much greater utility and relevance than ever before. Today, more than ever before, sport psychology professionals must have the skills necessary to bridge the worlds of science and application.



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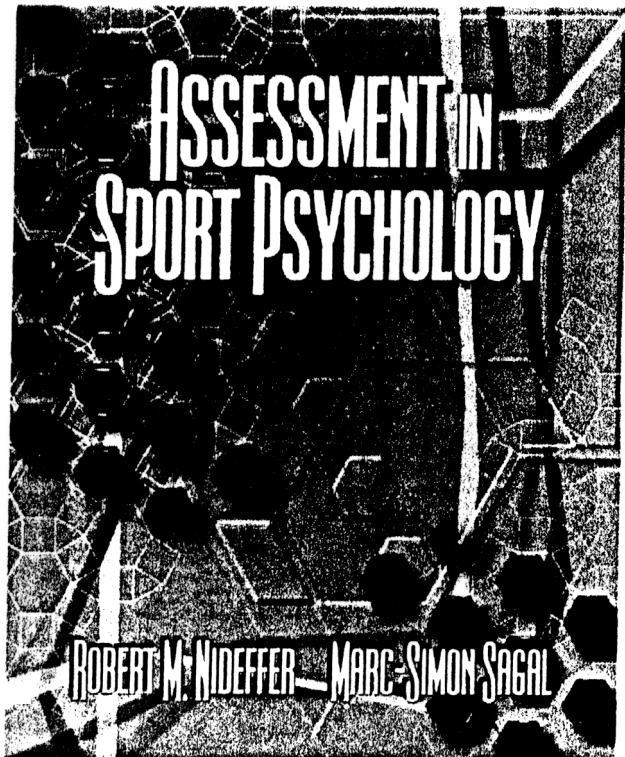
Will the athlete you're working with put it all together when everything is on the line?

The first book to reintroduce the importance of assessment, giving students and instructors a practical guide to:

- accurately evaluate the contributions that psychological tests can make to applied research and service provision
- develop the interviewing and interpretive skills necessary to ask the right questions, to consensually validate test results and conclusions, and to provide powerful feedback to the client for team building, screening, selection, and performance enhancement
- enhance their ability to accurately assess human behavior by applying advanced technologies

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