

SUB AREAS

- ▶ Personal Training
- ▶ Athletic Training
- ▶ Behavioral Coaching
- ▶ Sports Strength and Conditioning
- ▶ Behavioral Sport Psychology Consultation

OVERVIEW

Behavioral sport psychology focuses on the use of behavioral analysis concepts, principles, and techniques to enhance the performance and satisfaction of athletes, teams, and coaches. Common goals include teaching new skills; decreasing persistent errors; decreasing problem behaviors; maximizing competition performance; addressing motivation, thinking, emotions, confidence, and concentration related to athletic performance; teaching coaching techniques; and promoting adherence to a healthy diet and regular exercise regime. Common interventions in the area include goal-setting and self-monitoring, self-talk regulation, imagery rehearsal/visualization, video feedback, auditory feedback, behavioral skills training, contingency management, and the development of user-friendly manuals and computer tools for athletes. Behavioral sport psychology frequently involves evaluating interventions using single-subject research designs and placing high value on accountability for everyone involved in the program.

LEARN MORE

Initial Publication

Rushall, B. S., & Siedentop, D. (1972). *The developmental and control of behavior in sport and physical education*. Philadelphia, PA: Lea & Febiger.

Recommended Reading

Luiselli, J. K., & Reed, D. D. (Eds.). (2011). *Behavioral sport psychology: Evidence-based approaches to performance enhancement*. New York: Springer.

Martin, G. L. (2019). *Applied sport psychology: Practical guidelines from behavior analysis (6th ed)*. Winnipeg, Canada: Sport Science Press.

Luiselli, J. K., Woods, K. E., & Reed, D. D. (2011). Review of sports performance research with youth, collegiate, and elite athletes. *Journal of Applied Behavior Analysis*, 44, 999-1002.

Seniuk, H. A., Witts, B. N., Williams, W. L., Ghezzi, P. M. (2013). Behavioral coaching. *The Behavior Analyst*, 36, 167-72.

Martin, G. L., Thompson, K., & Regehr, K. (2004). Studies using single-subject designs in sport psychology: 30 years of research. *The Behavior Analyst*, 27, 263-280.

Additional Resources

- ▶ [Behavior Analysis Health, Sport, and Fitness Special Interest Group](#)
 - [On Facebook](#)
 - [On Instagram](#)
- ▶ [Sport Science Press](#)