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**Journal of Applied Sport Psychology  
Explores Impact of Video Feedback, Implicit Beliefs,  
Vigorous Interval Training and Peer-leadership Training in  
Youth Sport**

**Indianapolis (January 16, 2018)** – New research in the current issue of the [Journal of Applied Sport Psychology](#) (JASP) examines the role and impact of various training programs on adolescent athletes. JASP—a publication of the [Association for Applied Sport Psychology](#) (AASP)—is designed to advance thought, theory and research on applied aspects of sport and exercise psychology.

JASP research highlights include:

- **[No Place to Hide: Football Players' and Coaches' Perceptions of the Psychological Factors Influencing Video Feedback.](#)**  
This two-part study examined the role of psychological factors within the delivery of video feedback in elite youth soccer. Interviews were conducted with 11 coaches and 12 players. A thematic content analysis yielded data relating to three general dimensions: (a) the psychological responses engaged during delivery; (b) the impact of using a range of delivery strategies; and (c) the impact of the delivery climate surrounding practice. Findings of this study suggest that a greater appreciation of these factors would add significant value to the way coaches, sport scientists, and athletes currently use video technology for performance enhancement.
- **[The Role of Implicit Beliefs and Achievement Goals as Protective Factors in Youth Sport.](#)**  
This study explored whether implicit beliefs and the type of achievement goals set were related to enjoyment in youth sport over one year and whether perceived changes in the coach–athlete relationship moderated these relationships. Indirect and conditional indirect effect analyses were conducted in a sample of 247 regular sport participants. The results of this study highlight the protective value of adaptive implicit beliefs and achievement goals in youth sport.

- **[Repeated Effects of Vigorous Interval Training in Basketball, Running-Biking, and Boxing on the Physical Self-Perceptions of Obese Adolescents.](#)**  
This study observed the repeated effects of three sessions of vigorous interval training (VIT) in basketball, running-biking, and boxing upon the physical self-perceptions (PSP) of obese adolescents participating in a dietary program. A sample of 24 obese adolescents performed the consecutive VIT sessions every week for five weeks. PSP were measured immediately after each training session. Analyses of covariance were used to examine changes in PSP. The results showed rapid and constant increases in PSP with significant differences according to sex, time, type of VIT, and an interaction of sex by time by type of VIT, mainly for basketball.
- **[The Impact of a Recess-Based Leadership Program on Urban Elementary School Students.](#)**  
The purpose of this study was to examine the impact of a peer-leadership training program on youth from a low-income urban school district. The methodological approach was grounded in community-based participatory research, in which a multicomponent school-based recess and physical activity program was examined. Results of a thematic content analysis suggest that decisions to join the program, role expectations, and training received impacted leadership development, personal development, and transfer of skills to other domains.

Additional studies in this issue look at Experience, Effectiveness, and Perceptions Toward Sport Psychology Consultants; Perspectives on Increasing Positive Attitudes Toward Larger Members in Fitness Centers and the Frequency and Psychosocial Correlates of Eating Disorder Symptomatology in Male Figure Skaters.

**To request full copies of the studies or to schedule an interview with the authors, please contact Lindsay Spivak at [lindsay@rosengrouppr.com](mailto:lindsay@rosengrouppr.com).**

**About Association for Applied Sport Psychology ([www.appliedsportpsych.org](http://www.appliedsportpsych.org))**

*Founded in 1986, the Association for Applied Sport Psychology (AASP) has been the preferred organization for sport psychology consultants and professionals who work with athletes, coaches, non-sport performers (dancers, musicians), business professionals, and tactical occupations (military, firefighters, police). AASP currently has over 2,400 members in 50 countries worldwide, with backgrounds in a variety of areas including sport science, social work, counseling and clinical psychology. Follow AASP on [Facebook](#), [Twitter](#), [LinkedIn](#) and [YouTube](#).*

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