

AASP LEARNING GUIDES HELP TEACH KIDS LIFE LESSONS WHILE WATCHING SPORTS

MADISON, WI, (April 2008) – As the Summer Olympic Games in Beijing draws near, the Association for Applied Sport Psychology (AASP) is offering a series of interactive learning guides that adults can share with children while watching sports together. Sports provide an excellent opportunity to observe athletes in positive and negative situations, and with the assistance of the AASP Learning Guides, watching sports can be a source for valuable life lessons.

When children watch the Summer Olympic Games and see their favorite sport stars at the height of their careers, there are important lessons to be learned, including the importance of good sporting behavior, cooperating within a team, handling disappointment, and learning to focus. A series of 11 guides for parents, caregivers and teachers can be found at AASP's online Resource Center at www.appliedsportpsych.org, under the "For Parents" section.

"The U.S. Olympic Committee will have sport psychology consultants on site in Beijing who will be working with the coaches, athletes and teams. Their goals are to help promote the athletes' best performances in the pressure filled arena of the most elite level of competition in the world. In an effort to enhance the television audience's appreciation for Olympic competition, and to promote positive viewing interaction between parents and children, AASP has developed a series of topics and questions that adults can discuss with children and develop a healthy dialogue," explained Dr. Sean McCann, U.S. Olympic Committee Sport Psychologist and AASP President Elect. "Your child doesn't need to be an athlete to benefit from these discussions as children experience most of these issues in daily life."

The complimentary learning guides include:

- #1 Importance of Good Sporting Behavior
- #2 Negative Effects of Poor Sporting Behavior
- #3 Cooperation vs. Competition Within a Team
- #4 Defining Success (Winning and Losing)
- #5 Setting Goals in Sport and Life
- #6 What Sacrifices Do We Have to Make in Order to Do Great Things?
- #7 Using Five Minutes Before Your Performance
- #8 Dealing with Nervousness
- #9 Learning to Focus
- #10 Dealing with Disappointment
- #11 Resilience "Bouncing Back Quickly"

The Association for Applied Sport Psychology (AASP) promotes the ethical practice, science and advocacy of sport and exercise psychology. Founded in 1986, AASP is an international, multidisciplinary, professional organization that offers certification to qualified professionals who practice sport and exercise psychology. With more than 1,200 members in 28 countries, AASP is a worldwide leader, sharing research and resources with the public via its Web site, www.appliedsportpsych.org.

###