

Association for Applied Sport Psychology Website – appliedsportpsych.org Offers Free Public Resources for Athletes, Coaches, Parents, Exercisers, and more

Athletes of all ages and abilities, coaches, parents and exercise enthusiasts have a valuable and free resource of information that will help them get the most from their sport and exercise. Helpful articles written for the public on topics such as staying motivated, increasing confidence, coaching your child, choosing a Certified Consultant AASP, and more can be found at the Resource Center on www.appliedsportpsych.org, the Association for Applied Sport Psychology (AASP) website.

Written by authorities who are AASP members, the articles are based on research and experience, offering practical advice on how to get the most of the sport and exercise experience. Coaches can learn how to teach and apply skills from the field of sport psychology, while athletes can learn mental training skills.

The site provides informative articles written in easy to apply language on a wide array of topics. The site's Resource Center is divided by audience: For Professionals, For Athletes, For Parents, and For Coaches, as well as the topic areas of Health and Fitness, Injury and Rehabilitation.

A sample of the variety of articles includes:

- **“Overcoming Performance Errors with Resilience”** offers insight on what athletes need to do to rise above mistakes made while competing and using the experience as a basis for improvement. (For Athletes section)
- **“Starting and Continuing a Walking Program ‘Get Into the Blue’”** offers an easy-to-follow, step-by-step process towards a successful exercise program, realistic goal setting, and staying motivated. (Health & Fitness section)
- **“Using the Mind to Heal the Body: Imagery for Injury Rehabilitation”** defines imagery and how it can be used in pain management and healing. (Injury & Rehabilitation section)
- **“Calling All Coaches: Do You Have a Mental Skills Map?”** gives tips on developing and practicing mental skills to become a better coach. (For Coaches section)
- **“Do’s and Don’ts for Parents of Young Athletes”** offers parents insight on supporting their child’s athletic endeavors in the most positive and beneficial way. (For Parents section)

Finding the Right Certified Consultant

For individuals seeking the professional services of a Certified Consultant (CC-AASP), tips offer guidance and the “Find a Certified Consultant” directory assists in locating a CC-AASP in a specific geographic area.

The Association for Applied Sport Psychology (AASP) promotes ethical practice, science and advocacy in the field of sport and exercise psychology. Founded in 1986, AASP is an international, multidisciplinary, professional organization that offers certification to qualified professionals in the field of sport and exercise psychology. With more than 1,600 members in 39 countries, AASP is a worldwide leader, sharing research and resources with the public via its website, www.appliedsportpsych.org.