Reference List of Sport and Exercise Psychology Videos

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Information about Applied Sport Psychology:

- The continued growth of sport and exercise psychology has resulted in an influx of mental training techniques. These techniques are presented in a variety of books, journals, and audio/visual materials.
- While reference lists exist for sport and exercise psychology texts (Allen, 1994; Sachs & Kornspan, 1995) and journal articles (Granito & Wenz, 1995), there remained no such resource for locating and obtaining sport and exercise psychology videos.
- This article presents an extensive list of mental training and sport and exercise psychology videos that can be used by sport psychologists, coaches, athletes, exercisers, and fitness professionals. In addition, this list provides purchasing information such as addresses, telephone numbers, and price of the video.

Using Video Sources:

- As the field of sport and exercise psychology experiences increasing popularity, members of the athletic community are recognizing the benefits of psychological skills training. As a result, coaches and athletes are obtaining sport psychology information from books and videos.
- As technology continues to advance in the classroom and on the field, many coaches, sport psychologists, and exercise psychologists are beginning to use videos to introduce athletes to psychological skills training.
- Often, the coach or sport psychologist will introduce athletes to mental skills training through the use of videotapes.
  - Murphy (1991) explains how he has used the video "Visualization: What You See Is What You Get" to lead into group discussions. For example, Murphy explained, "I might have one group identify ways visualization can be used in practice and may tell another group to watch for ways visualization can be used at competition" (p. 95).
  - Gould (1987) suggests that videos introducing mental training can be useful, but the teacher, coach, or sport psychologist should provide guidance to athletes on the use of the video.
  - Further, Weinberg (1990) suggests that some videos may be limited in that they do not give specific demonstrations of how to use the psychological techniques. However, Weinberg suggests that videos can be useful in introducing basic information for those who are unfamiliar with applied sport psychology.
  - Although sport and exercise psychology videos may be useful (Gould, 1987; Murphy, 1988; Weinberg, 1990), a problem exists in that only a very limited number of videos have been reviewed in the literature. Also, the phone numbers and prices that are listed in the video review are often outdated. Thus coaches and sport and exercise psychology consultants may have great difficulty in locating and purchasing videos.
An effort to provide the coaching and fitness communities with information on sport and exercise psychology videos began with a comprehensive list generated via various computerized searches. It should be noted that these videos address a wide range of sport and exercise psychology topics. It is not the purpose of this article to review the videos presented but to provide the information necessary to help individuals in locating videos of interest.

Sport and Exercise Psychology Video List

General Mental Skill Development


Specific Mental Skills


Sport Specific Psychological Skills

Australian Football


Baseball / softball


Golf


Figure Skating


Shooting


**Tennis**


**Track & Field**


**Videos For Coaches**


Videos For Parents


Videos For Sport and Exercise Psychology Consultants


Exercise Psychology


**Body Image and Eating**


**Substance Abuse**


**Notes**

The video list has been updated since it appeared in the sixth edition of the directory. It now includes videos and reviews since the list was first published in 1998. Also, to aid the reader in locating and purchasing videos of interest, website addresses have been provided for the 53 videos added to the list. When available the updated list provides websites and current prices for locating and ordering videos listed on the previous list.

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References


