

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

- Bassham, L. (1989). Mental management seminar part 3. Mental tools and techniques [Videotape]. (Available from Mental Management Systems, P.O. Box 225, Seguin, TX, 78155).
- Bassham, L. (1989). Mental management seminar, part 1. The principles of mental management [Videotape]. (Available from Mental Management Systems, P.O. Box 225, Seguin, TX, 78155).
- Bassham, L. (1989). Mental management seminar, part 2. Mental tools and techniques [Videotape]. (Available from Mental Management Systems, P.O. Box 225, Seguin, TX, 78155).
- Bassham, L. (no date listed). V1 - Winning the mental game [Videotape]. (Available from Lenny Bassham Mental Management Systems, 2509 Dartmouth drive, Flower Mound, TX 75022, <http://www.lannybassham.com>; 1-800-879-5079, \$39.99).
- Bassham, L. (no date listed). V4 - Mastering self-image [Videotape]. (Available from Lenny Bassham Mental Management Systems, 2509 Dartmouth drive, Flower Mound, TX 75022, <http://www.lannybassham.com>; 1-800-879-5079, \$39.99).
- Bassham, L. (no date listed). V5 - Mastering the mental game [Videotape]. (Available from Lenny Bassham Mental Management Systems, 2509 Dartmouth drive, Flower Mound, TX 75022, <http://www.lannybassham.com>; 1-800-879-5079, \$39.99).
- Bennett, B. (1998). Championship plays: The mental game [Videotape]. (Available from onlinesports.com, \$29.95).
- Brechtelsbauer, K. (1998). Mental aspects for the game [Videotape]. (Available from onlinesports.com, \$29.95).
- Cairns, K. (1989). Our inner selves, (Program 2) [Videotape]. (Available from Human Kinetics Publishers, P.O. Box 5076, Champaign, IL 61825-5076; 1-800-747-4457, \$15.95).
- Curtis, J. (1988). The mindset for winning [Videotape]. (Available from Cambridge Career Products, Cambridge Physical Education & Health, P.O. Box 2153, Department PE15, Charleston, WV 25328-2153; 1-800-468-4227, \$39.95).
- Duda, J., & Retton, M. L. (1994). Mental readiness [Videotape]. (Available from USA Gymnastics, 1036 N. Capital Ave., Suite E. 235, Indianapolis, IN, 46204; 1-800-4USAGYM, \$4.95).
- Goldberg, D. (2000). Investigative reports: Playing to extremes [Videotape]. (Available from A & E Television Networks <http://store.aetv.com/>; 1-888-423-1212, \$24.95).
- Goshen, B. (1987). The mental game (Videotape). (Available from Professional Image, 9422 E. 55th Place, Tulsa, OK, 74145-8154, 918-622-8899, \$39.95). Video Review: Sime, W.E. (1992). The mental game [Review of the video program The mental game]. *The Sport Psychologist*, 6, 204–205.
- Gould, D. (1987). Sport psychology [Videotape]. Champaign, IL: Human Kinetics Publishers. (Available from Human Kinetics Publishers, P.O. Box 5076, Champaign, IL 61825-5076; 1-800-747-4457, \$70.00).

- Gould, D. (2001). 5 essential mental skills for sport [Videotape]. (Available from Virtual Brands, 10 Echo Hill Road, Wilbraham, MA 01095; <http://www.vbvideo.com/>; 1-877-633-4656, \$14.95). Video Review: Getty, D. (2002). 5 essential mental skills for sport. [Review of the video program 5 essential mental skills for sport]. *The Sport Psychologist*, 16, 339.
- Jacobs, A., Hill, C., & Allen, L. (1987). Sports psychology: The winning edge in sports. (Available from Cambridge Career Products, Cambridge Physical Education & Health P.O. Box 2153, Department PE15, Charleston, WV 25328-2153; 1-800-468-4227, \$89.95). Video Review: Weinberg, R. (1990). Sports psychology: The winning edge in sports [Review of the video program Sports psychology: The winning edge in sports]. *The Sport Psychologist*, 4, 192–194.
- Janssen, J. (1996). Winning the mental game: How you can develop the motivation, confidence, and focus of champions [Videotape]. (Available from Janssen Peak Performance, Inc. 285 S. NightFall Ave, Tuscon AZ 85748, <http://www.jeffjanssen.com>; 1-888-721-8326, \$29.95).
- Joseph, J. (1996). Developing the mental game [Videotape]. (Available from onlinesports.com, \$29.95).
- Loehr, J. (1989). Tips to mental toughness [Videotape]. (Available from LGE/Sport Science, 9757 Lake Nona, Orlando, FL 32827-7017; 1-800-543-7764, \$40.00).
- Loehr, J. (1996). Pro secrets video clinic: Pro secrets of mental toughness [Videotape]. Available from Dunham's sports, Dunham's Sports, Customer Service 5000 Dixie Highway Waterford, MI 48329, www.dunhamsports.com; 1-888-801-9158, \$39.99).
- Martin, C., & Winter, G. (1990). What is sport psychology? [Videotape]. (Available from South Australian Sports Institute, P.O. Box 219, Brooklyn Park, SA 5032).
- Mudra, D. (1986). The creative edge in sports psychology. [Videotape]. (Available from Championship Books and Video Productions, 2730 Graham St., Ames, IA 50010; 1-800-873-2730, \$29.95).
- Murphy, S., & McCann, S. (1994). Sports mental training. [Videotape]. (Available from USOC, Judine Anseimo, Sports Science & Technology Division, USOC, One Olympic Plaza, Colorado Springs, CO 80909; \$4.99).
- Nideffer, R., & Coffey, R. (1989). Psychological preparation of the elite athlete. [Videotape]. (Available from Australian Coaching Council, P.O. Box 176, Belconnen, ACT 2616).
- Orlick, T. (1995). Coaching the spirit of sport: Building self-esteem. [Videotape]. Ontario, Canada: Canadian Sport Association. (Available from The Spirit of Sport Foundation, 1600 J. Naismith Drive, Gloucester, Ontario, K1B 5N4; 1-800-672-7775, \$17.95).
- Porter, K., & Foster, J. (1985). Mental training for peak athletic performance. Eugene, OR: Westcom Productions, Inc. (Available from Cambridge Career Products, Cambridge Physical Education & Health, P.O. Box 2153, Department PE15, Charleston, WV 25328-2153, 1-800-468-4227, \$59.95). Video Review: Gould, D. (1987). Mental training for peak athletic performance [Review of the video program Mental training for peak athletic performance]. *The Sport Psychologist*, 1, 364–365.
- Trikojus, T. (2000). Sport and psychology. [Videotape]. (Available from Video Education Australasia, ABN 50 007 156 318, 111A Mitchell Street, Bendigo VIC 3550 Australia, 03 54422433, \$99.95 Australian).
- Trikojus, T. (2001). Sport and competition [Videotape]. (Available from Video Education Australasia, ABN 50 007 156 318, 111A Mitchell Street, Bendigo VIC 3550 Australia, <http://www.vea.com.au>; 03 54422433, \$99.95 Australian).
- Voderman, C. (1988). Mind over matter. [Videotape]. (Available from National Coaching Foundation, 4 College Close, Beckett Park, Leeds, England LS6 3QHUK).

Specific Mental Skills

Confidence: Cohn, P., & Waite, G. (1996). Make your most confident stroke: A guide to a one putt mindset [Videotape]. (Available from Peak Performance Sports, 7380 Sand Lake Rd., Suite 500, Orlando, FL 32819; 1-888-742-7225, \$22.95).

Goal Setting: Bassham, L. (no date listed). V3 - Goal setting [Videotape]. (Available from Lenny Bassham Mental Management Systems, 2509 Dartmouth drive, Flower Mound, TX 75022, <http://www.lannybassham.com>; 1-800-879-5079, \$39.99).

Imagery: Botterill, C., & Orlick, T. (1988). Visualization: What you see is what you get [Videotape]. (Available from Coaching Association of Canada, 1600 James Naismith Drive, Gloucester, ON K1B 5N4 Canada, 613-748-5624, \$19.95 Canadian). Video Review: Murphy, S.M. (1991). Visualization: What you see is what you get [Review of the video program Visualization: What you see is what you get]. *The Sport Psychologist*, 5, 94–95.

Imagery: Dalloway, M. (1999). Visualization training exercises: Training video for athletes [Videotape]. (Available from Peak Performance Media, 5501 N 7th ave. #921, Phoenix, AZ, 85013-1755, <http://www.performance-media.com>; 602-274-1889, \$29.95)

Motivation: Appleseed Productions. (1994). Motivation (Lifting your game series) [Videotape]. (Available from Insight Media Inc., 2162 Broadway, New York, NY, 10024 <http://www.insight-media.com>; 1-800-233-9910, \$179).

Stress Control: Bassham, L. (no date listed). V2 - Performing under pressure [Videotape]. (Available from Lenny Bassham Mental Management Systems, 2509 Dartmouth drive, Flower Mound, TX 75022, <http://www.lannybassham.com>; 1-800-879-5079, \$39.99).

Stress Control: Dalloway, M. (2001). Stress control: Training video for athletes [Videotape]. (Available from Peak Performance Media, 5501 N 7th ave. #921, Phoenix, AZ, 85013-1755, <http://www.performance-media.com>; 602-274-1889, \$29.95).

Teamwork: Appleseed Productions. (1995). Teamwork (Lifting your game series) [Videotape]. (Available from Insight Media Inc., 2162 Broadway, New York, NY, 10024, <http://www.insight-media.com>; 1-800-233-9910, \$179).

Sport Specific Psychological Skills

Australian Football

Stewart, A., & Heading, R. (1990). Psychology and motivation in Australian football. [Videotape]. (Available from National Football Council, 120 Jolimont Road, Jolimont, Victoria, Australia).

Baseball / softball

Blevins, G. (1997). Mental conditioning for softball [Videotape]. (Available from onlinesports.com, \$29.95).

Callazo, L. (2002). The mental side of pitching [Videotape]. (Available from Champonline Sports Videos and Books 2730 Graham Street Ames, IA 50010, <http://www.champonline.com>; 1-800-873-2730, \$39.95).

Ellis, R. (1990). Mental mechanics and hitting simplification [Videotape]. (Available from Championship Books and Video Productions, 2730 Graham St., Ames, IA 50010; prohitter.home.mindspring.com/; 1-800-873-2730, \$29.95).

Finke, B. (1998). A Mental approach to softball [Videotape]. (Available from onlinesports.com, \$29.95).

Finke, B. (1998). Mental approach to hitting [Videotape]. (Available from onlinesports.com, \$29.95).

House, T. (1993). Preparation to pitch: Mental Conditioning [Videotape]. (Available from onlinesports.com, \$29.95).

- House, T. (1995). Mental and emotional aspects of pitching [Videotape]. (Available from onlinesports.com, \$29.95).
- Janssen, J. (1997). Psychology of sensational hitting [Videotape]. (Available from Janssen Peak Performance, Inc. 285 S. NightFall Ave, Tuscon, AZ, 85748; <http://www.jeffjanssen.com>; 1-888-721-8326, \$39.95).
- Johnson, K. (1993). Mental approach to baseball [Videotape]. (Available from onlinesports.com, \$29.95).
- Ravizza, K. (1989). Stress management for baseball: 3–2 count bases loaded, "no sweat." [Videotape]. (Available from Australian Baseball Federation, P.O. Box 58, Malvern, Victoria, Australia, 3144).
- Scolinos, J. (1983). Mental approach to baseball. [Videotape]. (Available from Australian Baseball Federation, P.O. Box 58, Malvern, Victoria, Australia, 3144).

Golf

- Blanchard, K. (1994). The golf university swing school videos: Mastering the mental game of golf [Videotape]. (Available from The Golf University, 17550 Bernardo Oaks Drive, San Diego, CA 92128, 1-800-426-0966, \$24.95).
- Brouse, D., & Penley, L. (2000). Golf psychology [Videotape]. (Available from Champonline Sports Videos and Books 2730 Graham Street Ames, IA 50010, <http://www.champonline.com>; 1-800-873-2730, \$29.95).
- Gleason, T. (2002). The mental game of golf: Pres-shot routine and post-shot analysis [Videotape]. (Available from Champonline Sports Videos and Books 2730 Graham Street Ames, IA 50010, <http://www.champonline.com>, 1-800-873-2730, \$29.95).
- Hogan, C. (1988). Nice shot [Videotape]. (Available from Cambridge Career Products, Cambridge Physical Education & Health, P.O. Box 2153, Department PE15, Charleston, WV 25328-2153; 1-800-468-4227, \$29.95). Video Review: Armstrong, H.E. (1990) Nice Shot [Review of the video program Nice Shot]. *The Sport Psychologist*, 4, 433–434.
- Jaure, P. (2002). Golf psychology "The pre-shot routine" [Videotape]. (Available from amazon.com; \$19.90).
- LaTreill, D., & Theilen, A. (1994). Mental golf [Videotape]. (Availability, Vestron Video, 15400 Sherman Way, P.O. Box 10124, Van Nuys, CA 91410-0124; \$19.95).
- Rotella, B., & Faxon, B. (1998). Putt to win [Videotape]. (Available from OnlineSports.com; 1-800-856-2638, \$39.95).
- Scott, J. (1998). The mental game (golf) [Videotape]. (Available from amazon.com, \$29.95).
- Sutphen, R. (1989). Golf: Mindprogramming to increase your skill. [Videotape]. (Available from Valley of the Sun Publishing, P.O. Box 683, Ashland, OR 97520-0023; 1-800-225-4717, \$19.95).
- Whitaker, J. (1991). Brainwaves golf. [Videotape]. (Available from Televisual Communications, 300 S. Duncan Ave., Suite 112, Clearwater, FL 34615; 813-442-6480, \$19.95).

Figure Skating

- Martin, G. (1989). Sport psychology for figure skaters. [Videotape]. (Available at www.skatetape.com/, \$24.95). Video Review: Jackson, S. (1991). Sport psyching for figure skaters. [Review of the video program Sport psyching for figure skaters]. *The Sport Psychologist*, 5, 194–195.

Shooting

Bassham, L. (no date listed). Mental Applications for pistol shooting [Videotape]. (Available from Lenny Bassham Mental Management Systems, 2509 Dartmouth drive, Flower Mound, TX 75022, <http://www.lannybassham.com>; 1-800-879-5079, \$39.99).

Bassham, L. (no date listed). V10 - Mental applications for rifle shooting [Videotape]. (Available from Lenny Bassham Mental Management Systems, 2509 Dartmouth drive, Flower Mound, TX 75022, <http://www.lannybassham.com>; 1-800-879-5079, \$39.99).

Tennis

Braden, V. (1994). Mental tennis: Hidden secrets to why you win and lose! [Videotape]. (Available from Vic Braden Tennis College, 23335 Avenida La Caza, Coto de Caza, CA 92769; www.vicbraden.com/pros.html; 1-800-42COURT, \$39.95).

Loehr, J. (1989). Mental toughness training for tennis: "The 16 Second Cure" [Videotape]. (Available from LGE/Sport Science, 9757 Lake Nona, Orlando, FL 32827-7017; 1-800-543-7764, \$30.00 or www.videolearning.com/, \$39.95)

United States Tennis Association. (1997). Playing Better Tennis Under Pressure [Videotape]. (Available from Human Kinetics Publishers, P. O. Box 5076, Champaign, IL, <http://www.hkusa.com>; 1-800-747-4457, \$24.95

Officer, J. (2002). "Warrior Ethos" the making of a warrior: Mental toughness on the tennis court [Videotape]. (Available from Champonline Sports Videos and Books 2730 Graham Street Ames, IA 50010, <http://www.champonline.com>; 1-800-873-2730, \$29.95).

Track & Field

Somerlot, R. (1995). Mental preparation for track and field [Videotape]. (Available from onlinesports.com, \$29.95).

Videos For Coaches

Bassham, L. (no date listed). V6 - Mental Management for parents and coaches [Videotape]. (Available from Lenny Bassham Mental Management Systems, 2509 Dartmouth drive, Flower Mound, TX 75022, <http://www.lannybassham.com>; 1-800-879-5079, \$39.99).

Carnahan, S. (1993). Mental game and player evaluation [Videotape]. (Available from onlinesports.com, \$29.95).

Cox, B. (1982). Sports psychology for youth coaches [Videotape]. (Available from Distinctive Home Videos, 391 El Portal Road, San Mateo, CA 94402; 415-344-7756, \$59.95).

Cox, B. (1982). Tom Tutko's coaching clinic [Videotape]. (Available from www.distinctivehomevideo.com, \$24.94).

Curry, G. (1997). The coaches' ten commandments to positive athletic parenting [Videotape]. (Available from Karol Media P.O. Box 7600, Wilkes-Barre, PA 18773-7600, <http://www.karolmedia.com>; 1-800-884-0555, \$12.95)

Doyle, M. W. (1999). Kid's sports [Videotape]. (Available from Films for the Humanities and Sciences, P.O. Box 2053, Princeton, NJ, 08543-2053, <http://www.films.com>; 1-800-257-5126, \$89.95).

Gould, D. (2001). Teaching mental skills for sport [Videotape]. (Available from Virtual Brands, 10 Echo Hill Road, Wilbraham, MA 01095, <http://www.vbvideo.com> ; 1-877-633-4656, \$29.95). Video Review: Salitsky, P. (2002). Teaching mental skills for sport. [Review of the video program Teaching mental skills for sport]. *The Sport Psychologist*, 16, 337-338.

Hamshire, R., Iveson, I., & Catell, R. (1994). Winning with sports psychology [Videotape]. Available from I.C.C. Entertainment P/L, The Marina 13/1 Bradley Ave., Kirribill, NSW, 2061, Australia, 6129955-2297; US \$29.95). Video Review: Sargent, G. (1995). Winning with sports psychology [Review of the video program Winning With Sports Psychology]. *The Sport Psychologist*, 4, 433-434.

Harris, G. (2000). Peak performance: Sports and the mind [Videotape]. (Available from Beacon Productions at <http://www.bodyansoultv.com>; 617-924-7711, \$29.95).

Stockton, B.A. (1985). Coaching psychology. [Videotape]. (Available from Championship Books and Video Productions, 2730 Graham St., Ames, IA 50010; 1-800-873-2730, \$39.95).

Videos For Parents

Doyle, M. W. (1999). Kid's sports [Videotape]. (Available from Films for the Humanities and Sciences, P.O. Box 2053, Princeton, NJ, 08543-2053, <http://www.films.com>; 1-800-257-5126, \$89.95).

Bassham, L. (no date listed). V6 - Mental Management for parents and coaches [Videotape]. (Available from Lenny Bassham Mental Management Systems, 2509 Dartmouth drive, Flower Mound, TX 75022, <http://www.lannybassham.com>; 1-800-879-5079, \$39.99).

Videos For Sport and Exercise Psychology Consultants

Giges, B., Ravizza, K., & Murphy, S. (2001). Three approaches to sport psychology consulting [Videotape]. (Available from Virtual Brands, 10 Echo Hill Road, Wilbraham, MA 01095, <http://www.vbvideo.com>; 1-877-633-4656, \$39.95).

Giges, B., Ravizza, K., Van Raalte, J., & Zaichkowsky, L. (2000). Brief contact interventions in sport psychology [Videotape]. (Available from Virtual Brands, 10 Echo Hill Road, Wilbraham, MA 01095, <http://www.vbvideo.com>; 1-877-633-4656, \$29.95). Video Review: Lesyk, J. J. (2003). Brief contact interventions in sport psychology [review of the video program Brief contact interventions in sport psychology]. *The Sport Psychologist*, 17, 246-247.

Gould, D. (2001). Teaching mental skills for sport [Videotape]. (Available from Virtual Brands, 10 Echo Hill Road, Wilbraham, MA 01095, <http://www.vbvideo.com> ; 1-877-633-4656, \$29.95). Video Review: Salitsky, P. (2002). Teaching mental skills for sport. [Review of the video program Teaching mental skills for sport]. *The Sport Psychologist*, 16, 337-338.

Virtual Sport Psychology: Three approaches to sport psychology consulting. (2000). [Videotape]. (Available from Virtual Brands, www.vbvideo.com; 1-800-215-2275)

Martin, C., & Winter, G. (1990). What is sport psychology? [Videotape]. (Available from South Australian Sports Institute, P.O. Box 219, Brooklyn Park, SA 5032).

Mudra, D. (1986). The creative edge in sports psychology. [Videotape]. (Available from Championship Books and Video Productions, 2730 Graham St., Ames, IA 50010; 1-800-873-2730, \$29.95).

Exercise Psychology

Hays, K. (2003). Exercise [Videotape]. (Available from American Psychological Association, American Psychological Association, 750 First St, NE, Washington, DC 20002-4242; <http://www.apa.org>; 1-800-374-2721, \$69.95 member or affiliates of APA, \$99.95 non-members).

Kimiecik, J. (1999). Exercise behavior change from the inside out [Videotape]. (Available from Healthy Learning Videos, P. O. Box 1828, Monterey, CA, 93942, <http://www.healthylearning.com>; 1-888-229-5745, \$40.00).

Kimiecik, J. (1999). Exercise behavior change programs for the physically inactive [Videotape]. (Available from Healthy Learning Videos, P. O. Box 1828, Monterey, CA, 93942, <http://www.healthylearning.com>; 1-888-229-5745, \$40.00).

Tharrett, S. (1998). Psychology of exercise adherence [Videotape]. (Available from Healthy Learning Videos, P. O. Box 1828, Monterey, CA, 93942, <http://www.healthylearning.com>; 1-888-229-5745, \$40.00).

Thompson, W. R. (1999). Predictors of exercise compliance: Strategies to improve adherence to exercise programs [Videotape]. (Available from Healthy Learning Videos, P. O. Box 1828, Monterey, CA, 93942, <http://www.healthylearning.com>; 1-888-229-5745, \$40.00).

Body Image and Eating

Kundrat, S. M. (1999). Preventing eating disorders in teen athletes [Videotape]. (Available from Healthy Learning Videos, P. O. Box 1828, Monterey, CA, 93942, <http://www.healthylearning.com>; 1-888-229-5745, \$40.00).

National Collegiate Athletic Association. (1988). Athletes at risk. [Videotape]. (Available from Karol Media, 350 N. Pennsylvania Ave., Wilkesbarre, PA 18773, 1-800-526-4773, \$17.95).

National Collegiate Athletic Association. (1989). Afraid to eat: Eating disorders and student-athletes. [Videotape]. (Available from Karol Media, 350 N. Pennsylvania Ave., Wilkesbarre, PA 18773, 1-800-526-4773, \$17.95).

National Collegiate Athletic Association. (1989). Eating disorders: What can you do? [Videotape]. (Available from Karol Media, 350 N. Pennsylvania Ave., Wilkesbarre, PA 18773, 1-800-526-4773, \$14.95).

Conviser, J. (1999). Decreasing the risk of eating disorders among athletes. (Available from Healthy Learning Videos, P. O. Box 1828, Monterey, CA, 93942, <http://www.healthylearning.com>; 1-888-229-5745, \$40.00).

Substance Abuse

National Collegiate Athletic Association. (1988). Drugs and the collegiate athlete. [Videotape]. (Available from Karol Media, 350 N. Pennsylvania Ave., Wilkesbarre, PA 18773, 1-800-526-4773, \$17.95).

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

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- Gould, D. (1987). Mental training for peak athletic performance [Review of the video program *Mental training for peak athletic performance*]. *The Sport Psychologist*, 1, 364–365.
- Granito, V., & Wenz, B. (1995). Reading list for professional issues in applied sport psychology. *The Sport Psychologist*, 9, 96–103.
- Murphy, S. M. (1991). Visualization: What you see is what you get [Review of the video program *Visualization: What you see is what you get*]. *The Sport Psychologist*, 5, 94–95.
- Sachs, M. L., & Kornspan, A. (1995). Reading list in applied sport psychology: Psychological skills training. In M. Sachs, K. Burke, & L. Butcher (Eds.), *Directory of graduate programs in applied sport psychology* (4th ed.) (pp. 216–227). Morgantown, WV: Fitness Information Technology.
- Weinberg, R. (1990). Sports psychology: The winning edge in sports [Review of the video program *Sports psychology: What winning edge in sports*]. *The Sport Psychologist*, 4, 192–194.