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Journal of Sport Psychology in Action
Provides Research and Guidance for Coaches, Sport Psychology Practitioners

Indianapolis (February 27, 2018) – Case studies in the current issue of the [*Journal of Sport Psychology in Action*](#) (*JSPA*) offer practical strategies for coaches and sport psychology practitioners to build mental toughness in athletes and promote life skills transfer beyond sport. An official publication of the [Association for Applied Sport Psychology](#) (AASP), *JSPA* is dedicated to providing sport psychology practitioners with sound information, as well as informed guidance that is applicable to their work.

JSPA research highlights include:

[How can coaches build mental toughness? Views from sport psychologists](#)

Much has been written about athlete mental toughness in the past 15 years. Most of this literature is based on interviews with coaches, athletes, and to a lesser degree, parents. The article presents views of sport psychologists who had applied and research experience in mental toughness and thus more integrated views of how coaches should build mental toughness. Results revealed that to build mental toughness, sport psychologists believe coaches need to be thoughtful and purposeful both in how they think about athletes (i.e., be instructive and encouraging, foster autonomy, see them as individuals) and their staff (i.e., be multidimensional and educate), as well as what they do (i.e., create adversity and at the same time teach mental skills).

[Adapting a behavioral coaching framework for mental toughness development](#)

Mental toughness (MT) development is an important consideration when seeking to increase and maintain high levels of performance in sport settings. There has been limited research on effective methods to develop MT, and an opportunity exists to incorporate other developmental frameworks in psychology that have shown a positive effect on performance. This article details a coach-targeted education program aimed at increasing the frequency of desirable mentally tough behaviors (MTb) in elite athletes, which draws on recent work on MTb and an established behavioral coaching model (i.e., GROW) as the guiding framework.

[Strategies for coaching for life skills transfer](#)

For athletes, life skills transfer represents the vital ongoing process in their personal development whereby they internalize the skills they have learned in sport and apply them to multiple life domains. The purpose of this article is to offer coaches practical strategies that they

can integrate into their coaching to explicitly promote life skills transfer beyond sport. Seven broad strategies, emanating from a synthesis of current literature, are presented alongside specific activities for coaches to help their athletes transfer life skills from sport to other life domains.

[A transition program to help student-athletes move on to lifetime physical activity](#)

Maintaining healthy levels of physical activity after competitive sports careers end can be challenging. Evidence-based programs are needed to prepare athletes for the transition from highly structured, competitive athletics to lifetime physical activity. This article describes the development of a Moving On! program, which is designed to help student-athletes make healthy transitions to life after college sports. By outlining experiences with this program, the article offers a blueprint that may serve as a useful guide for sport and exercise psychology practitioners who wish to implement sport transition programs that foster the long-term health and well-being of student-athletes.

Additional studies in this issue look at “Application of an innovative performance demand model with canoe slalom athletes and their coach” and “Integrating Kolb’s Experiential Learning Theory into a sport psychology classroom using a golf-putting activity.”

To request full copies of the studies or to schedule an interview with the authors, please contact Lindsay Spivak at lindsay@rosengrouppr.com.

About Association for Applied Sport Psychology (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 2,500 members in 55 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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