

Download Cognitive Sport Psychology

Cognitive Therapy London in Central and South East London and Kent. Over 20 years experience, we are the number one provider of CBT, Call 020 8468 1026. Cognitive Therapy and Sport Psychology There has been a recent upsurge of research interest in cognitive sport psychology or the scientific study of mental processes (e.g., mental imagery) in athletes. Despite this interest, an important question has been neglected. Cognitive psychology is linked to sports in that it allows us to acknowledge internal mental states such as desire and motivation and also allows us to “perform” mentally. Mentally Practice An example of the link between cognitive psychology and sports is when an athlete mentally practices his or her sport. Expertise development in sport: contributions under cognitive psychology perspective. Journal Of Human Sport & Exercise, 5(3), 462-475. Jacobson, J., & Matthaesus, L. (2014). Athletics and executive functioning: How athletic participation and sport type correlate with cognitive performance. Psychology Of Sport & Exercise, 15(5), 521-527., Cognitive Sport Psychology.

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