

# Sport Psychology: Knowledge & Skills Check List

Name \_\_\_\_\_ Date \_\_\_\_\_

## I. Specialized Knowledge

	Not Applicable	Strength	Weakness	Learning Priority
Knowledge of theory and research in social, historical, cultural, and developmental foundations of sport psychology				
Principles and practices of applied sport psychology, including issues and techniques of sport-specific psychological assessment and mental skills training for performance enhancement and satisfaction with participation				
Clinical and counseling issues with athletes				
Organizational and systemic aspects of sport consulting				
An understanding of the developmental and social issues related to sport participation				
Knowledge of the biobehavioral bases of sport and exercise (e.g., exercise physiology, motor learning, sports medicine)				

This self-assessment check list is based on the American Psychological Association's Proficiency in Sport Psychology (2003). The items on each of the three lists are quoted directly from the APA document. This subjective tool is intended to assist practitioners in assessing their knowledge and skills in terms of the proficiency criteria. By checking the appropriate boxes in each section, sport psychologists can review their strengths and weaknesses and establish their learning priorities.

**II. Knowledge of Persons and Groups**

	Not Applicable	Strength	Weakness	Learning Priority
Youth/junior sport participants and organizations				
High school athletes and athletic departments				
Intercollegiate athletes and athletic departments				
Professional athletes, teams, and leagues				
Masters/seniors sport participants and organizations				
Injured athletes				
Elite athletes and sports organizations (e.g., Olympic athletes and National Governing Bodies)				
Recreational Athletes				
Athletes with permanent disabilities				
People who are involved with, but not directly participating in, sports (families, coaches, administrators, officials)				

### III. Skills

	Not Applicable	Strength	Weakness	Learning Priority
Psychological skills training for athletes				
Goal-setting and performance profiling for athletes				
Visualization and performance planning for athletes				
Enhancing self-confidence for athletes				
Cognitive-behavioral self-regulation techniques for athletes				
Concentration and attentional control strategies for athletes				
Poise and emotion management training for athletes				
Attribution interpretations and self-assessment in sport				
Eating disorders and weight management interventions for athletes				
Substance abuse interventions for athletes				
Dealing with the use of ergogenic aids to athletic performance				
Grief, depression, loss and suicide counseling for athletes				
Overtraining and burnout counseling				
Sexual identity issues in sport counseling				
Aggression and violence counseling in sports				
Athletic injury and rehabilitation				
Career transitions and identity foreclosure in sports				
Team cohesion training				
Team building				
Leadership training				
Consultation skills for sports organizations and systems				
Moral and character development in sports and sportmanship				
Cognitive and emotional developmental issues and talent development in sport				
Athletic motivation counseling				
Development of self-confidence, self-esteem, and competence in sports				
Interventions to address parental and familial needs involved in youth sports participation				