



SWB C1

Chapter 1: Sports as a Career

Q1) How do I prioritize decision?

Interest – Ability - Expectation

Q2) What motivates me to take a decision?

Power – Affiliation - Achievement

Q3) How do I take a decision?

Reason – Intuition - Feeling

Q4) What guides me to take a decision?

Value – Norm - Reality

Sports and Well being

1. Happiness & Unhappiness: Imparts knowledge about what makes us happy.

Misconceptions in our belief system that causes unhappiness & produce bodily changes

2. Optimism: Aims at discovering and promoting conditions that enable individuals to thrive. Also deals with the issue of optimism bias that causes a person to overestimate the chances of success

3. Emotional intelligence: Helps in conducting an 'inner dialogue' for managing feeling & impulses, reading & interpreting social cues, understanding perspectives of others, & knowing the difference between feeling & actions

4. Arousal control: Discusses ways & means to avoid the perception of stress which is subjective in nature. It occurs when there is a perceived imbalance between

pressure & coping resources for a situation

5. Motivation: Direction and intensity of one's effort toward developing excellence in sport. Deals with Goal setting, goal orientation, reward / punishment & intrinsic motivation

6. Attention & concentration: The process implies withdrawal from other irrelevant input to deal effectively with a situation. Deals with deliberate investment of conscious effort, ability to 'zoom-in', & divided attention for concurrent actions.

7. Resilience: Discusses ways & means to bounce back from the frustrations of failure. It's a process of adapting well in face of adversity, or of unusual difficulty.

8. Decision making: Deals with the psychological process through which we take decisions in uncertain conditions. It will also cover the sources of our bias & prejudices in judgment about others

Techniques to improve performance

1. Mindfulness: 'Mindfulness' exercise assist participants to be aware & awake in the present moment. It is a practice of touching daily life deeply every moment of our existence.

2. Attentional training: to reallocate & adjust attention to focus in on the specific actions relevant to that specific moment in time, to better control a wandering mind, and to focus during complex situations.

3. Visualization: It is the process of creating a mental image or intention of what you want to happen or feel in reality.

4. Guided imagery: Through a combination of imagery sub-processes, such as image transformation, scanning, & sustenance, vivid & controllable images are generated. Guided imagery is a stress management technique, where you use your imagination to picture a person, place, or time that makes you feel relaxed, peaceful and happy. Imagery is slightly different from other stress management techniques, in that it relies on the use of all of your senses.

5. Feedback & reinforcement: Applied behavior analysis is done to utilize feedback & reinforce behavior, involving positive reinforcement for proper movement, consistent feedback & chaining behavior sequence for complex skill.

6. Injury prevention & rehabilitation: With sports injury, players tend to experience drop in self-worth, begin attributing negatively, & start developing faulty coping

strategy. Injury counseling addresses such issues.

Possible career related to sports

Category 1 – Sports plus MBA = Sports Management

Category 2 – Sports + Biology + Psychology = Sports Medicine and Sports Science

Category 3 – Sports Coaching and Education

Category 4 – Sports + Computer Science / Engineering / Math / Statistics

Category 5 – Sports Law

Category 6 – Sports Journalism / Public Relations –