Peak Performance, Personal Records, Ultimate Fitness, and Winning Athletic Competitions with Behavior Analytic Training.

By Stephen Ray Flora Ph D, Stephen Ray Flora

Createspace, United States, 2010. Paperback. Book Condition: New. 224 x 147 mm. Language: English . Brand New Book ***** Print on Demand *****.If you want to have peak performances, set personal records, and win; if you want to become a competitor, a winner, and become a champion then this book is for you. This book takes a consistent behavioral approach to training for peak performances and winning athletic competitions, presenting it in a manner that the non-specialist can effectively implement. The most effective way to improve performance, improve conditioning, learn new skills, end bad habits, and apply winning strategies is with Behavior Analytic Training (BAT). Using research from behavior analysis, sport science, real world examples of champions training methods, and record breaking efforts; with exercises that you may complete, graphs, tables and forms that you may copy; you will learn how to build a BAT program that leads to peak performances, PRs, ultimate fitness and winning efforts. Effective, smarter, goal setting leading to exceptional performance is taught. You will learn how to assess performance related behaviors; identify and eliminate skill gaps. You will learn how to use graphed behavior to improve performance and how to use social facilitation advantageously. For...

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