

PE30.9

Exercise Psychology – Investigate psychological factors that impact participation in physical activities.

Indicators for this outcome

- (a) Investigate personal motivations for participating in physical activity.
- (b) Research the interrelationship between physical activity and physical, emotional, mental and spiritual health.
- (c) Discuss First Nations and Métis understandings of the interrelationships between physical, emotional, mental and spiritual health.
- (d) Examine psychological factors (e.g., self-talk, imagery/visualization, regulation of arousal, anxiety and relaxation, motivation, goal setting and concentration) that impact enjoyment, participation and performance in physical activities.
- (e) Examine the role of external (e.g., audience, weather and teammate expectations) and internal (e.g., fatigue, mental toughness and making a mistake) factors on an individual's enjoyment, participation and performance in physical activity.
- (f) Incorporate a psychological factor to improve participation, enjoyment and/or performance in a self-selected physical activity.
- (g) Reflect on the effectiveness of psychological factors in supporting and maintaining participation in physical activities.