

Part 1: Providing Psychological Training As A Coach And Mental Health Among Athletes

1. Do's and Don'ts for Coaches who Provide Sport Psychology to their Athletes: Ethics, Referrals, and the HCPC
2. Mental Health Disorders and Symptoms Among Athletes

Part 2: Identifying The Psychological Needs Of Athletes

3. Conducting Intake Interviews
4. Using Questionnaires to Assess the Needs of Athletes

Part 3: Facilitating Awareness Among Athletes

5. Goal Setting
6. Performance Profiling

Part 4: Coaching Different Populations And Providing Psychological Support To Athletes With Different Needs

7. Coaching Children
8. Coaching Adolescents
9. Coaching Adults
10. Coaching Athletes with Learning Disabilities
11. Providing Psychological Support to an Injured Athlete
12. Managing Perfectionistic Tendencies Among Athletes

Part 5: Relationships, Support, And Influence Within Coaching Practice

13. The Coach-Athlete Relationship
14. Understanding and Building Team Cohesion
15. Socially Supporting Athletes Effectively
16. Enhancing Intrinsic Motivation among Athletes
17. Creating the Optimal Motivational Climate
18. Applying Self-Determination Theory and Research to Enhance Coaching Practice

- 19. Reducing Favourable Attitudes and Susceptibility Towards Doping Among Athletes
- 20. Developing Formal Athlete Leaders and Shared Leadership within Teams

Part 6: Mental Skills Training For Athletes

- 21. Mental Imagery
- 22. Mental Toughness Training
- 23. Maximising Sport-Confidence
- 24. Coping Effectiveness Training
- 25. Enhancing Challenge States and Minimising Threat among Athletes
- 26. Mindfulness Based Stress Reduction Training
- 27. Preventing Choking Under Pressure in Sport