



FINAL

STUDY GUIDE

SET UP THE ENVIRONMENT

- ☐ Designate a study area – quiet, well-lit and private. Not too hot or too cold.
- ☐ Limit chances of distractions and interruptions.
- ☐ Play suitable study-music softly in the background or let your child listen to it on device with headphones.
- ☐ Provide water or non-sugary drinks and healthy snacks – studying is hard work!
- ☐ Look back at PowerPoints to see important book sections
- ☐ Reread textbook chapters

QUIZ TOPICS

- ☐ **Chapter 19 Introduction to Psychological Skills Training**
 - Why do players and coaches often neglect psychological skills training?
 - Who should be doing PST?
 - When is it generally the best time to incorporate PST programs?
 - Why is a performance profile useful to have as a coach/trainer?
 - How can mental toughness be increased?
- Chapter 20 Arousal Regulation**
 - Know and understand progressive relaxation.
 - The “Checklist of Performance States”
 - Relaxation techniques and their classifications
 - Effective breathing
- Chapter 21 Imagery**
 - What senses are involved in imagery?
 - Explain psychoneuromuscular theory.
 - Effective imagery training involves what?
 - Internal vs. External imagery.
 - PETTLEP Imagery.
- Chapter 22 Self Confidence**
 - What is the most dependable information to base self-efficacy on?

Nt12practice Final Study Guide

RS Peters



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Unveiling the Magic of Words: A Report on "**Nt12practice Final Study Guide**"

In a global defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their ability to kindle emotions, provoke contemplation, and ignite transformative change is actually awe-inspiring. Enter the realm of "**Nt12practice Final Study Guide**," a mesmerizing literary masterpiece penned with a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve in to the book is central themes, examine its distinctive writing style, and assess its profound impact on the souls of its readers.

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