

THE MIND GYM:

HOW SPORT PSYCHOLOGY BUILDS
MOTIVATION IN STUDENT-ATHLETES

HOW DO STUDENT-ATHLETES STAY MOTIVATED TO TRAIN
AT 5 AM AND STILL DOMINATE IN THE CLASSROOM?

THE MENTAL GAME BEHIND BALANCING TWO LIVES

WHAT IS SPORT PSYCHOLOGY?

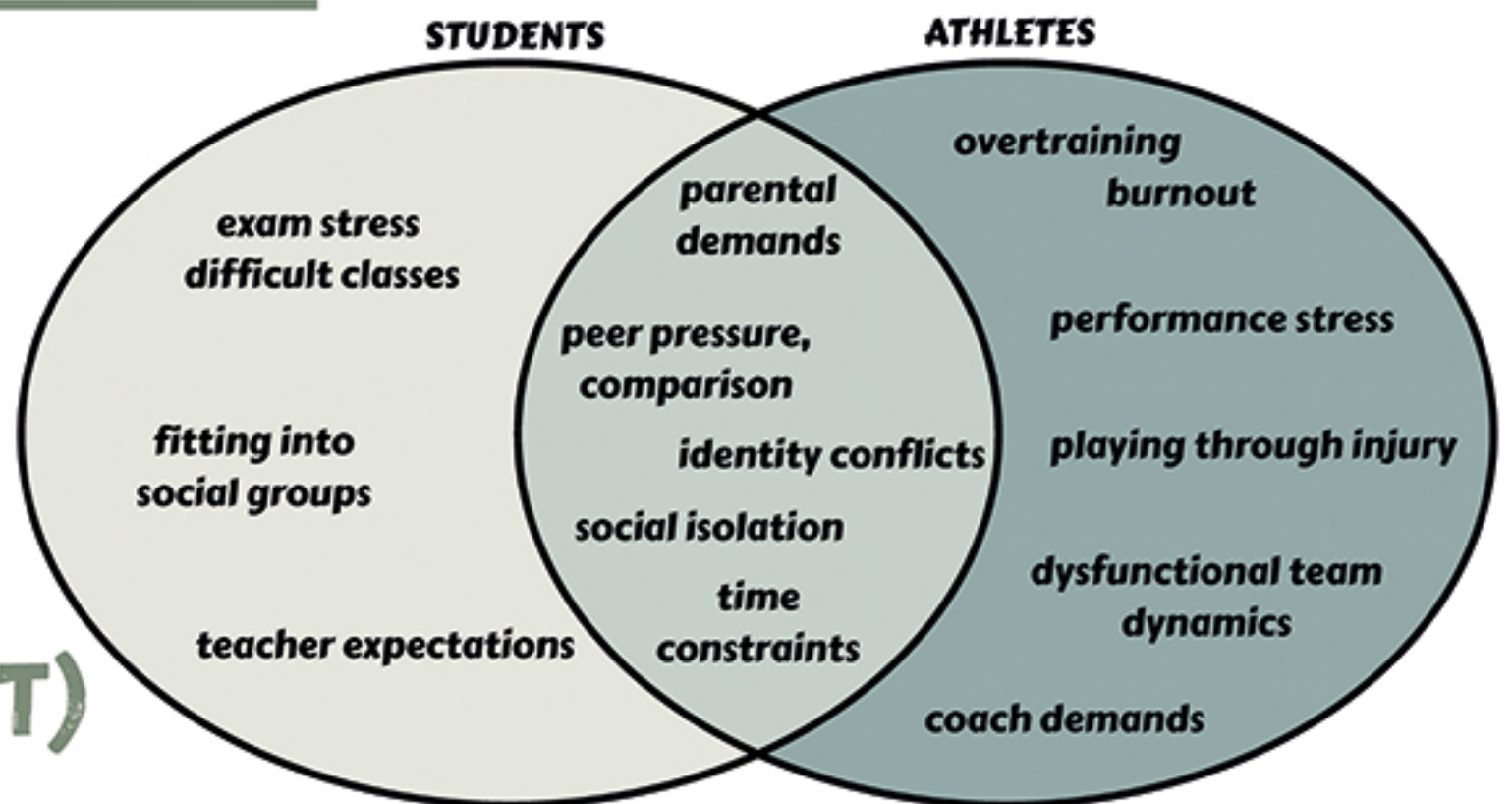
The study of how our thoughts, feelings and behaviors interact with sport performance. By describing, explaining and predicting these psychological factors we can improve our wellbeing and optimize sport performance. (Tod, 2022)

STUDENT-ATHLETE:

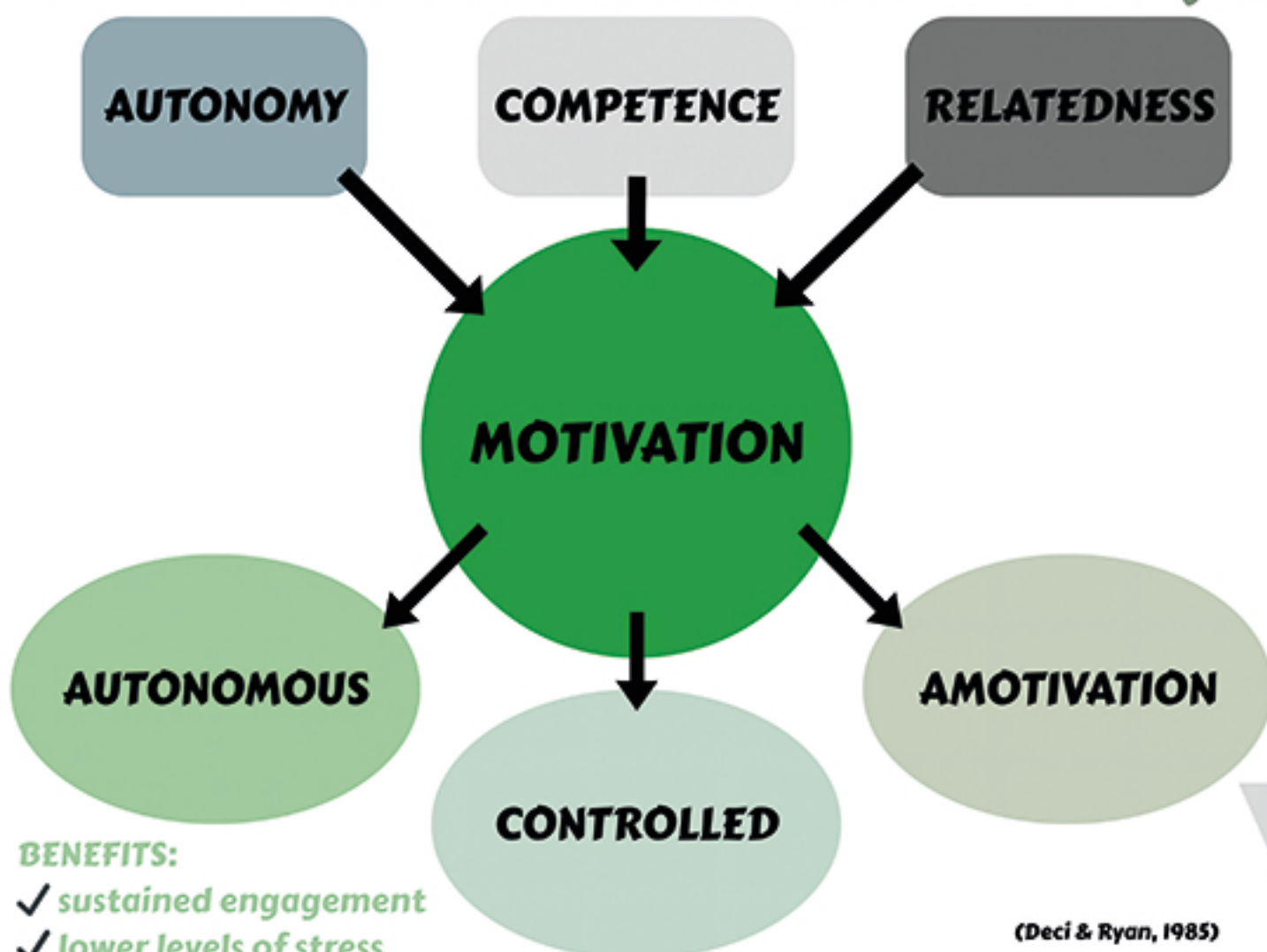
A student that has been **FORMALLY** recruited to **PARTICIPATE** in an institution's **SPORT** program, while **MAINTAINING** their **ACADEMIC** responsibilities.

(National Collegiate Athletic Association, 2024)

CHALLENGES STUDENT-ATHLETES FACE



SELF-DETERMINATION THEORY(SDT)



WHAT DOES INNEREDGE DO?



TIME constraints of student-athletes

LIMITED access to QUALITY
sport psychology RESOURCES

Requires student-athletes to MAINTAIN
the skills acquired

Develops SKILLS and acquires TOOLS to build
resilience applicable BEYOND enhancing
SPORT performance

CLARIFIED psychological needs set focused
goals boost in INTRINSIC motivation

FUTURE DIRECTIONS



Supporting networks continue to foster intrinsic
motivation for student-athletes



Student-athletes should form friendships with both
athletes and non-athletes



Systematic advocacy - promote integration of sport
psychology with physical training

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