

## Psychology of Sport

- What 3 things does an athlete generally LOSE when they are hurt?
- What 5 emotions, according to Kubler-Ross, will an athlete experience when they are hurt or have lost something?

## Goals

- What are the 2 types of goals?
- What are important aspects about goals? (HINT: Goals should be .....)

## Definitions

- \_\_\_\_\_ - physical and/or emotional exhaustion
- \_\_\_\_\_ - a sense of apprehension or fear
- \_\_\_\_\_ - an overwhelming feeling of hopelessness or loneliness.
- \_\_\_\_\_ - an excessive amount of exercise that leads to exhaustion or injury in an athlete.

## Return to Play

- Who decides if it is safe for an athlete to return to play?
- What factors should be considered to decide if an athlete is ready to return to play?
- What are the 7 parts of the Athletic Training Room?