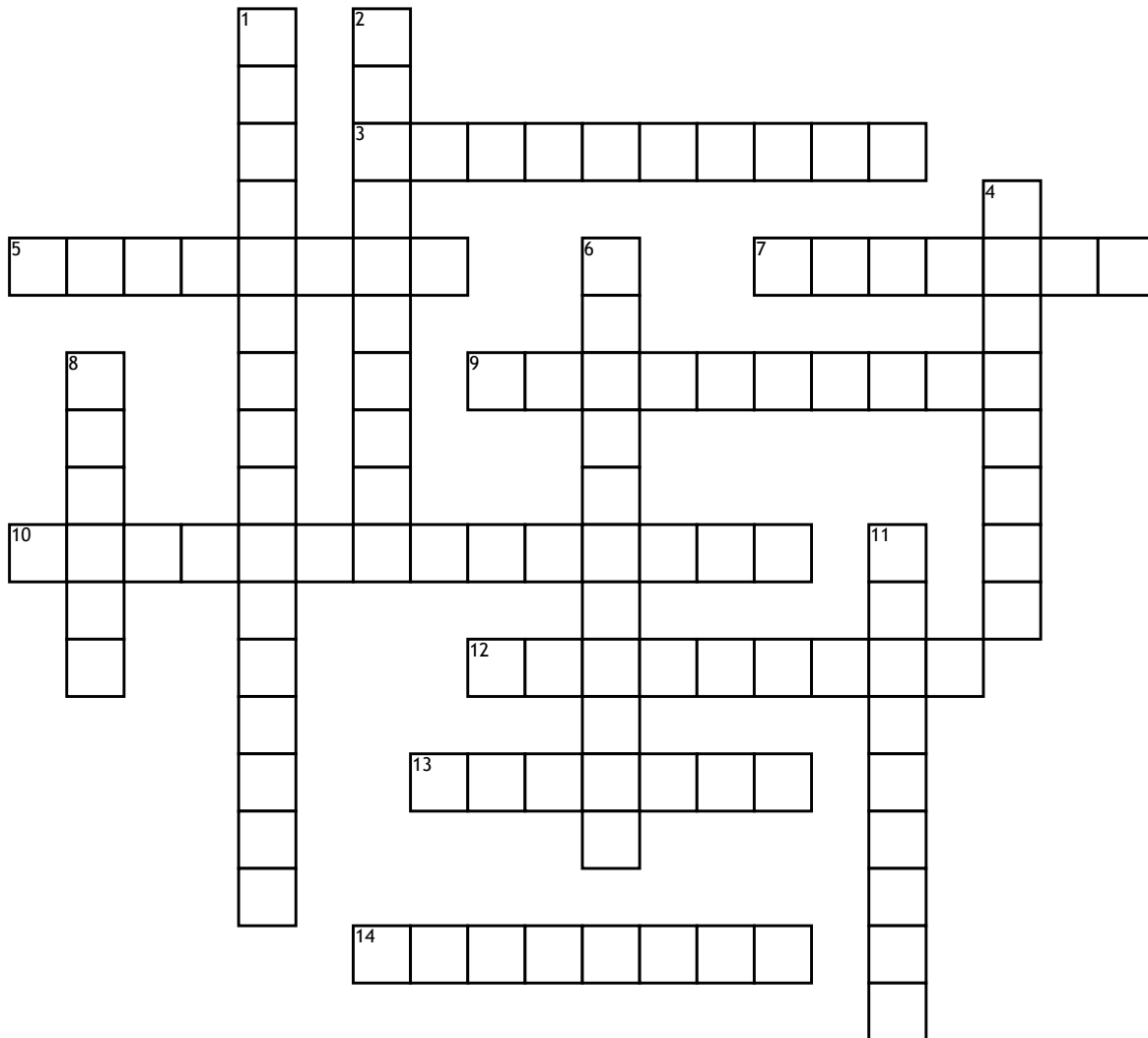


# Sports Psychology



## Across

3. internal state or condition that serves to activate or energize behavior  
 5. one method an athlete can use to keep a positive outlook  
 7. process of reviewing and training in the mind only through visualization  
 9. the "M" in smart goals stands for  
 10. athlete's assessment of his/her self-worth

12. kind of motivation that comes from within the athlete

13. dropping out of a sport or quitting an activity that was once enjoyable

14. the "R" in SMART goals stands for

## Down

1. study of sport and exercise and the psychological factors influencing performance

2. training conditions as close as possible to the real competition

4. one area a sports psychologist can work in

6. Identifying clearly defined specific objectives that are measurable

8. a situation that causes anxiety, focus, or fear

11. Father of Psychology