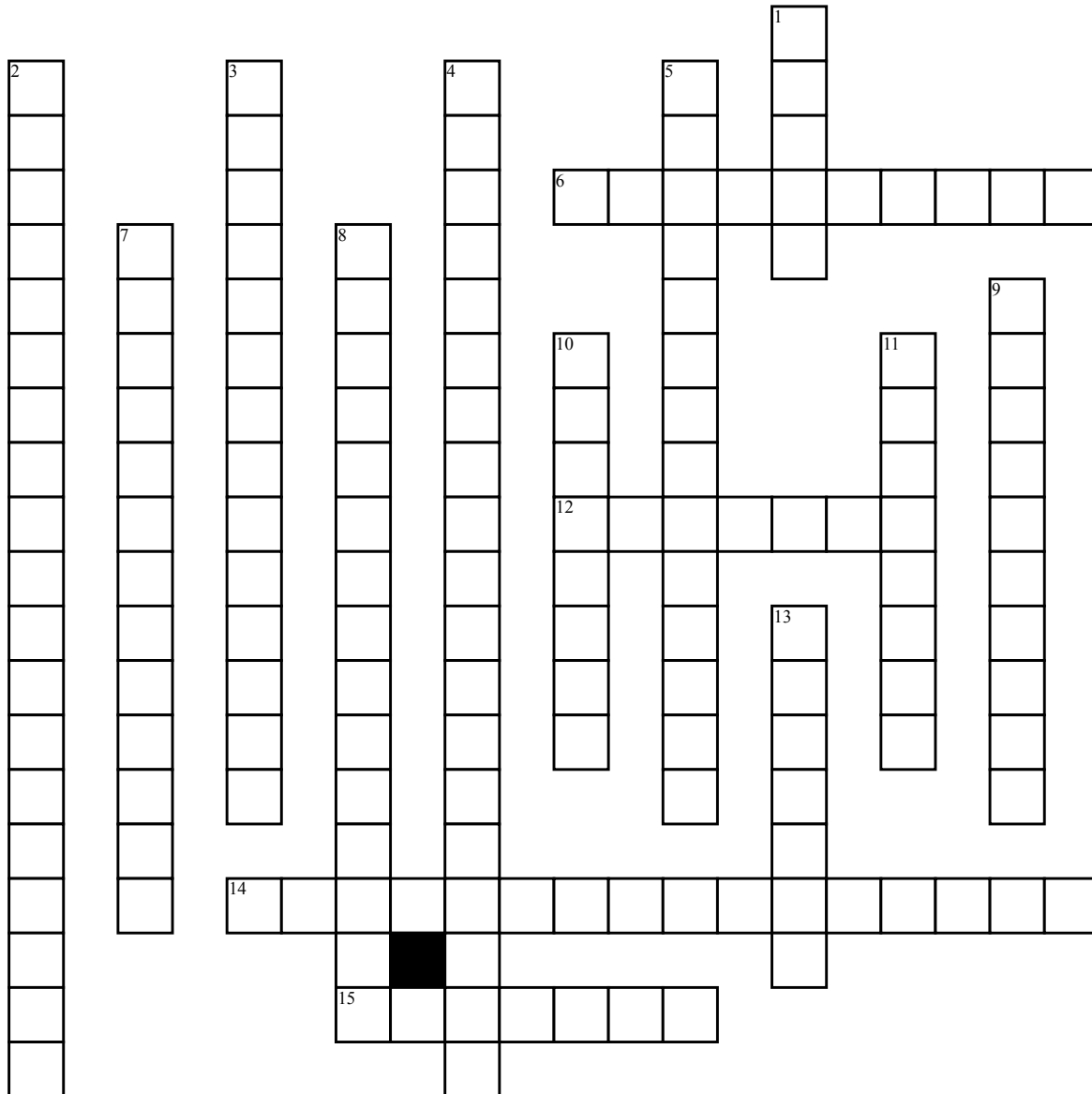


Sports Psychology



Across

6. confidence in one's own worth or abilities

12. extreme tiredness, typically resulting from mental or physical exertion or illness.

14. the scientific study of the psychological factors that are associated with participation and performance in sport

15. the level of anxiety about the sporting event

Down

1. a state of mental or emotional strain or tension resulting from adverse or very demanding circumstances.

2. when the desire comes from inside the athlete - doing something because it makes them feel good.

3. a feeling of trust in one's abilities, qualities, and judgment

4. when motivation comes from outside, such as performing for money or awards.

5. paying attention to one's own thoughts, feelings, and behaviors and gauging them against a standard

7. ability to maintain focus

8. an eating disorder characterized by the refusal to maintain a minimally healthy weight, an intense fear of gaining weight, body image disturbance.

9. ability to continue working to agreed goals

10. the statements people make to themselves; these can be used to increase confidence, regulate arousal, and focus effort in order to overcome high-risk situations

11. when a team or group works well together, towards a common goal or shared task

13. the ability to identify with another person and understand his or her feelings