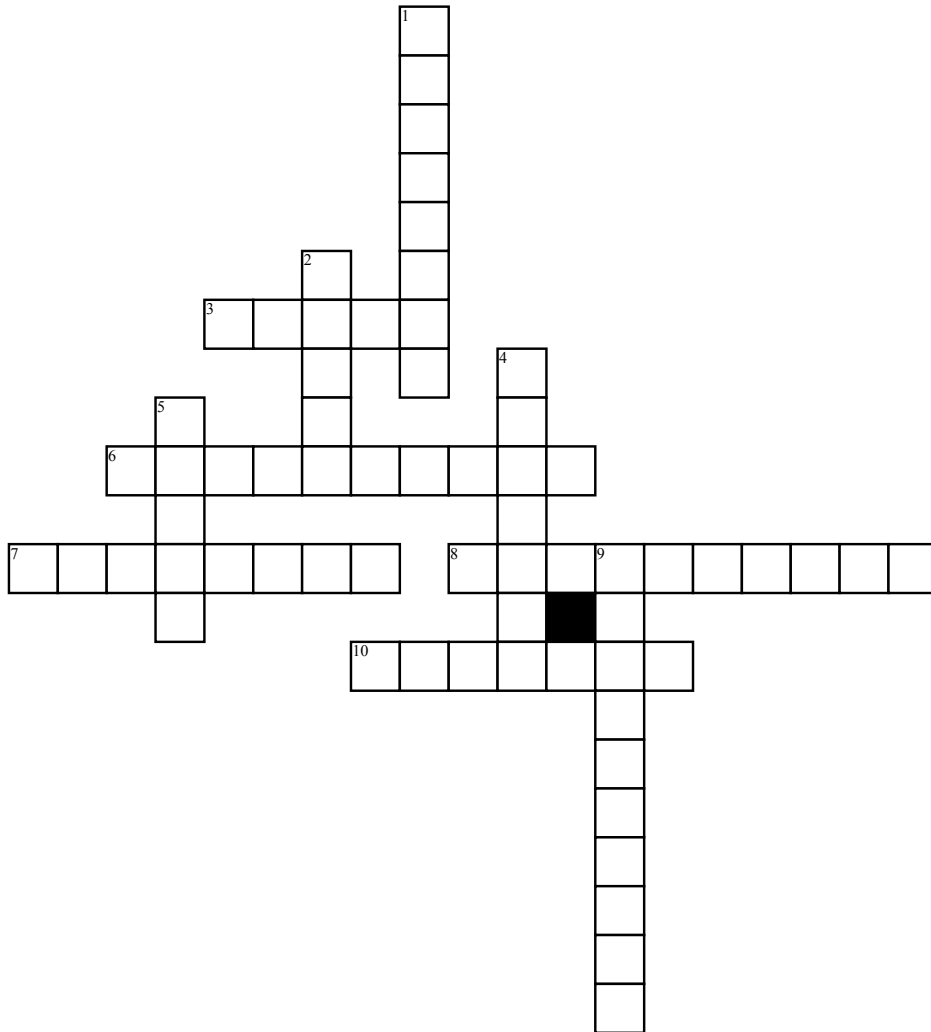


Name: _____

Sports Psychology by Ethan, Claire, and Nick



Across

- 3. an activity involving physical exertion and skill in which an individual or team competes against another or others for entertainment
- 6. the provision of assistance and guidance in resolving personal, social, or psychological problems and difficulties, especially by a professional
- 7. physically fit, strong, and active
- 8. the scientific study of the human mind and its functions, especially those affecting behavior in a given context

- 10. a sequence of actions regularly followed; a fixed program

Down

- 1. stimulate (someone's) interest in or enthusiasm for doing something
- 2. pay particular attention to
- 4. the established set of attitudes held by someone
- 5. the object of a person's ambition or effort; an aim or desired result
- 9. a feeling of self-assurance arising from one's appreciation of one's own abilities or qualities

Word Bank

focus counseling psychology motivate confidence
mindset routine athletic goals sport