

First Name: _____

Last Name: _____

REC1050-20 – Personal Mental Fitness

/6 marks

Mental Fitness

Mental fitness refers to an athlete’s ability to optimally regulate thoughts, feelings, and behaviors and act in a purposeful and consistent manner while coping with the many demands placed on him or her.

Pre-Performance Mental Fitness Activities

I set appropriate goals for training and competition, encompassing different types of goals (e.g. process, performance, and outcome goals).

Strongly					Strongly
Disagree	Disagree	Neutral	Agree	Agree	
1	2	3	4	5	

I use imagery to reinforce and correct key skills and desired outcomes for performance.

Strongly					Strongly
Disagree	Disagree	Neutral	Agree	Agree	
1	2	3	4	5	

I use pre-determined competitive routines/plans.

Strongly					Strongly
Disagree	Disagree	Neutral	Agree	Agree	
1	2	3	4	5	

Answer one of the following questions:

- a. How have these Mental Fitness Activities helped me in my sports activities?
- b. Why have I chosen not to use these activities?

	3	2	1	0
Pre-Performance Mental Fitness Activities	<i>Student has answered all questions and provided an insightful response to the final question.</i>	<i>Student has answered all questions and provided a simplified response to the final question.</i>	<i>Student has answered some, but not all, of the questions.</i>	<i>Student did not answer any of the questions.</i>

Performance and Post-Performance Mental Fitness Activities

I use positive reminders to maintain confidence and motivation.

Strongly Disagree 1 Disagree 2 Neutral 3 Agree 4 Strongly Agree 5

I accept and regulate emotions such as anxiety, fear, and anger.

Strongly Disagree 1 Disagree 2 Neutral 3 Agree 4 Strongly Agree 5

I debrief performances; highlight strengths and areas for improvement.

Strongly Disagree 1 Disagree 2 Neutral 3 Agree 4 Strongly Agree 5

Answer one of the following questions:

- a. How have these Mental Fitness Activities helped me in my sports activities?
- b. Why have I chosen not to use these activities?

	3	2	1	0
Performance and Post-Performance Mental Fitness Activities	<i>Student has answered all questions and provided an insightful response to the final question.</i>	<i>Student has answered all questions and provided a simplified response to the final question.</i>	<i>Student has answered some, but not all, of the questions.</i>	<i>Student did not answer any of the questions.</i>

I am happy with my ability to regulate thoughts, feelings, and behaviors during sports activities.

Strongly Disagree 1 Disagree 2 Neutral 3 Agree 4 Strongly Agree 5