



Decision making in physical education & athletics administration – a case method approach

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Abstract : *Decision making in physical education & athletics administration is a much debated topic these days as it is gaining importance as a main subject in sport psychology. Decision making is a very tricky , complex & integral part of the sport activity. Sport psychology is an interdisciplinary science that draws on knowledge from many related fields including biomechanics, physiology, kinesiology and psychology. It involves the study of how psychological factors affect performance and how participation in sport and exercise affect psychological and physical factors & decision making process is structured. . Factors relating to decision making effects performance & hence sports psychology has emerged as a new technique aiding mental support through relaxation , cognitive restructuring , mental rehearsals, resisting short term temptations , capacity to override unwanted thoughts .*

Key words: *Sports psychology, sports decision making, mental support, case study*

Introduction

Decision making has been a well investigated area of sport psychology . It is very debated topic these days it is gaining importance as a main subject in sport psychology. (Moreau, D., & Conway, A. R. A. (2013)While coaches focus on the physical side of sport, sport psychologists focus on athletes' minds. Sport psychologists can help athletes achieve their goals. There are several instances where athletes seek the help from sports psychologist (Moreau, D., & Conway, A. R. A. (2013).

Decision making through Sport psychology as an interdisciplinary science that draws on knowledge from many related fields including bio-mechanics, physiology, kinesiology and psychology. Cognitive enhancement: A comparative review of computerized and athletic training programs. International Review of Sport and Exercise Psychology).The sports players are they are anxious , they lose focus during a competition , while they have trouble communicating with tem members , the key players might choke at crucial moments.



Sports psychologists might help athletes in

1. to enhance their performance
2. ease out pressures during a key competition
3. recover from injuries
4. to exercise for longer hours
5. to boost of cohesive attitudes among players of a team
6. help the team to develop right communication

The decision making helps the athletes to

1. relaxation
2. cognitive restructuring
3. mental rehearsals
4. resisting short term temptations
5. capacity to override unwanted thoughts
6. conscious control of self

Cognitive enhancement: A comparative review of computerized and athletic training programs. International Review of Sport and Exercise Psychology).

Decision making is a very tricky & complex & integral part of the sport activity. Decision making abilities needs to be channeled precariously as There have been several researches sin sports psychology. Decision making through Sport psychology as an interdisciplinary science that draws on knowledge from many related fields including bio-

mechanics, physiology, kinesiology and psychology

Sports activity is ruled by referees & umpires .Each sport needs good trained decision makers who can lead the sport. These decision makers should have consistency, presence of mind & good vision . the qualities of reliability , uniformity & steadiness in all his decisions .(Decision making by coaches & athletes in sport 2014)

The factors that influence decision making: A good decision maker needs controlled attention working memory capacity tactical decision making. (Cohn, P. - Sports Psychology and Performance Enhancement 2006). The studies in western countries have shown that working memory is very much an integral part of the decision making process. This also helps the athletes to focus on play & performance indicators are high.(Decision making by coaches & athletes in sport 2014)

Challenges of decision making process – the fact that it is conducted on team sports. These days technology is aiding the decision making process close circuit TVs , digital cameras , these have given room for appealing against a controversial decision. (James, W.- Decision making by coaches & athletes in sport ERPA international congress 2014).

Cricket players can challenge 3 decision of the line umpires. Cricket is under referral system where decision are referred to the third



umpire means the TV. It is also called as mental game coaching as all coaches employ good game plans, they rally towards strategies, they go for management skills prepare the athlete for the key game several team sports needs such balancing.

It concentrates on helping athletes to break through the mental barriers that are keeping them from performing to their full potential It helps to improve the mindset & helps him to excel in sports. (Cohn, P. - Sports Psychology and Performance Enhancement 2006).

Research in sport psychology involves studying and observing athletes in order to find out what motivates them to keep pushing on, and what gives them the thirst for landing in the winner's circle. (Cohn, P. - Sports Psychology and Performance Enhancement 2006). A sport psychology researcher might also try to find ways for athletes to perform better and with fewer obstacles. The knowledge gained through this research can then be applied during counseling sessions with athletes.(Decision making by coaches & athletes in sport 2014).

Identifying the athletes problems-In order to help an athlete, a sport psychologist must be able to first identify the problem that the athlete is facing. An athlete might benefit from a counseling sport psychologist in a number of situations. (James, W.-Decision making by coaches & athletes in sport ERPA international congress 2014).

Some athletes, for instance, may be having trouble concentrating due to a number of personal issues, such as family problems or relationship problems. (Barrow, J.C. The variables of leadership: A review and conceptual framework 2007). Contrary to what some may think, athletes also suffer from such things as confidence issues, low self-esteem, and body image. Performance anxiety and burnout are other common problems faced by many athletes, no matter how talented they are.(Barrow, J.C. The variables of leadership: A review and conceptual framework 2007).

Depending on the situation, a sport psychologist might work with athletes one-on-one or in groups. Teams, for instance, will often benefit from group therapy, since the members of the team must work together in order to win. (Cohn, P. - Sports Psychology and Performance Enhancement 2006).

A sport psychologist might use a number of different methods to help athletes who need to overcome certain problems. For instance, they will often lend a non-judgmental ear to frustrated and overwhelmed athletes; sometimes, just the act of talking about certain negative situations can be all that's necessary to overcome them. Most times, however, a sport psychologist will offer advice and guidance on how to overcome these problems. (Cohn, P. - Sports Psychology and Performance Enhancement 2006).He may



recommend a little rest and relaxation for the burnt out athlete, or he might teach an overly anxious athlete several different relaxation exercises to perform before each game or match. He might teach an athlete visualization techniques or how to tune out distractions. (Moreau, D., & Conway, A. R. A. (2013).

Cognitive enhancement: A comparative review of computerized and athletic training programs. International Review of Sport and Exercise Psychology). Some sport psychologists might also work closely with once enthusiastic athletes that have suffered injuries as well. Depending on the severity of the injury whether mental or physical , a sport psychologist may attempt to help a recovering athlete segue back into his career with as little stress as possible. Some athletes don't have this choice, however, and they may need the help of a sport psychologist to help them deal with the fact that they may not be able to play their sport with as much talent and drive as they had at one time.

Conclusion-Thus Decision making in physical education & athletics administration is a much debated topic gaining importance as a main subject in sport psychology. Decision making is a very tricky , complex & integral part of the sport activity. Decision making through Sport psychology as an interdisciplinary science that draws on knowledge from many related fields including bio-mechanics, physiology,

kinesiology and psychology. Factors relating to decision making effects performance & hence sports psychology has emerged as a new technique aiding mental support through relaxation , cognitive restructuring , mental rehearsals, resisting short term temptations , capacity to override unwanted thoughts. Physical education can be supported through

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