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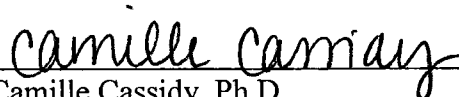
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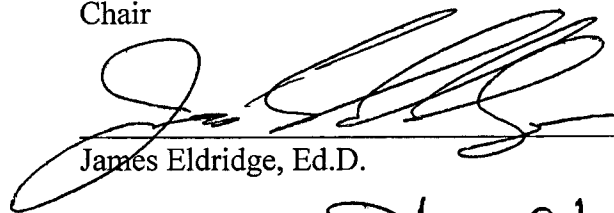
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ON ANXIETY AND PERFORMANCE IN
FEMALE HIGH SCHOOL
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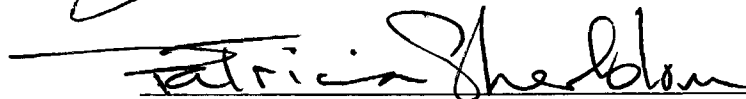
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THE EFFECTS OF A SEASON-LONG RELAXATION PROGRAM
ON ANXIETY AND PERFORMANCE IN
FEMALE HIGH SCHOOL
TRACK & FIELD THROWERS

by

JEREMY WALKER, B.S.

PROJECT

Presented to the Graduate Faculty of Kinesiology

The University of Texas of the Permian Basin

in partial Fulfillment

of Requirements

for the Degree of

MASTER OF SCIENCE

THE UNIVERSITY OF TEXAS OF THE PERMIAN BASIN

August 2008

Abstract

The purpose of this study was to examine the effects of a season-long relaxation breathing program on anxiety and performance in track and field throwers. It was hypothesized that the relaxation breathing technique would help to reduce anxiety and increase overall performance. Use of a single-subject research design was used to allow ongoing monitoring of each athlete's anxiety levels and performance. Results indicated that 2 of the 3 participants had improved performance and reduced trait anxiety over the course of the season. Additional results indicated that there was no significant difference in performance between participants and non-participants and that the changes in anxiety were not statistically significant. Suggestions for future research include increasing the sample size and using an outside administrator to conduct the study.