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## **Mental Skills Usage Among Collegiate Track and Field Throwers**

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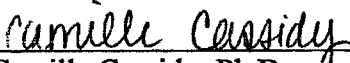


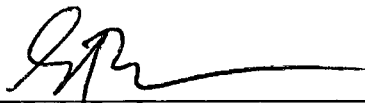
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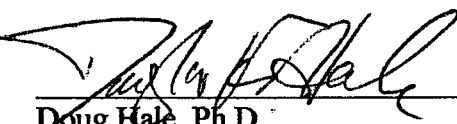
**MENTAL SKILLS USAGE AMONG COLLEGIATE  
TRACK AND FIELD THROWERS**

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**MENTAL SKILLS USAGE AMONG COLLEGIATE  
TRACK AND FIELD THROWERS**

by

**CHAD A. PERRY, 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**

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## Abstract

The purpose of this study was to examine how often collegiate track and field throwers use goal setting, imagery, and arousal management. The second purpose was to determine if there was a significant difference between mental skills usage in practice and competition. The Test of Performance Strategies was administered to 50 collegiate track and field throwers. First, it was hypothesized that less than 20% of the participants would use mental skills very often and that the majority would report using mental skills in either moderate or low amounts. Results indicated goal setting and relaxation in practice were the only two skills highly used by less than 20% of the sample. Therefore, results do not fully support the first hypothesis. Secondly, it was hypothesized that collegiate track and field throwers would report using each mental skill more often during competition than during practice. Paired samples t-tests revealed a significantly greater use of goal setting, imagery, and relaxation more often in competition than in practice.