

Exercise Psychology program

Case: Wang Jie

sport psychologist Diagnosis:

this Athlete Great responsibility: to move up the rankings has increased the workload in life. Besides, he always has been a successful person and now with all the effort that Cant achieve the desired Result. His perfectionism as an important part could be very effective in increasing the pressure.

The step Requirements for success in this athlete:

The reviews aim athlete is most important and first step to begin with. The objective assessment of where we are now. Following the restructuring goals and goal setting is done correctly.

The mood continued to improve, with the consent of the athlete is scheduled to perform the following interventions:

- 1- Having enough time for rest and recreation with family.
- 2- Thought Control at the time of doing anything just working on it.
- 3- Having proper training with coach coordination with advance planning.
- 4- Listen to good music with rhythm and harmony with the exercise during workout.
- 5- Self-talking. Find keywords motivational or relaxing in the athlete who is used to it. And if the word was not used, the words training for the position or reduce the incentive to find and to practice his anger present.

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