

ABSTRACT

TITLE: Imagery for Sport Performance: A Comprehensive Literature Review

STUDENT: Junayd Abdin

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There exists ample evidence that mental imagery has the potential to improve motor performance. Extensive experiential and observational research, have led to the development of applied models in the field of sport psychology which seek to highlight some of the key components required to ensure its effective implementation. The following manuscript reviews theories and applied models that have been well-documented in the literature and is supported in its validity. Furthermore, research is reviewed examining the efficacy of mental imagery interventions within sports performance with an emphasis on (a) uses of imagery, and (b) factors affecting imagery. Discussion is aimed to accentuate the significance of implementing the most appropriate imagery interventions.