

Sports Performance Strategies for Better Athletic Performance among Students in the Master's Level

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ABSTRACT

Acquiring the necessary skills to be a sports coach is developed at the Master's level for physical education, but educators should also have basic skills on how to perform effectively in sports competitions. The study determined whether the teaching initiative on sports performance strategies will help students in the Master's program who are commonly in the age bracket of 30 years old and below, single, and in the teaching job for about 10 years and below as a Teacher I, achieve better athletic performances. The descriptive-experimental research design was used having an adapted questionnaire to describe the strategy and a performance task graded by a rubric were the instruments to satisfy the parameters under study. It is reflected in the results that during performance tasks in sports, it is highly observed among students that they do self-talk and imagery and are observed to work on emotional control, automaticity, goal-setting, activation, and relaxation. Students having in place the sports performance strategies were able to fully meet expectations on athletic performances as assessed by the teacher. Further, a positive significant relationship was depicted between the use of sports performance strategies and level of athletic performance implying the observable actions on goal setting, activation, and attention control helps attain better athletic performances.

Keywords: Sports Performance Strategies, Self-Talk, Imagery, Athletic Performance

About the presenter:

Roger A Gimpaya is a graduate of Master of Arts in Education specialized in Physical Education. He received a certificate of completed academic requirement in his PhD in Educational Management, and currently enrolled in his dissertation writing at the University of Batangas. An instructor of Physical Education in LSPU San Pablo City Campus under the college of teacher education and appointed as coordinator of the BPED program. In addition to his work, he established an organization and served as an advisor to the students who make up the organization. He advocates to help students develop their talents and skills in the field of arts, sports, and to raise the level of students' awareness in their chosen course. He wanted to share with the students the knowledge that will help them in fulfilling their dreams.

