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Titolo	Mindfulness Training in Sport : An Exercise Program for Enhancing Athletic Performance // by Darko Jekauc, Lea Mülberger, Susanne Weyland
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Altri autori (Persone)	MülbergerLea WeylandSusanne
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Nota di contenuto	The importance of emotions in sport - The history of mindfulness in sport - The mindfulness program for athletes - Course unit 1: Mindfulness - arriving in the here and now - Course unit 2: Mindfulness as a means of self-awareness Course unit 3: Deepening the topic of breathing meditation -- Course unit 4: Body awareness - the key to emotions -- Course unit 5: Perception of thoughts -- Course unit 6: Perceiving feelings -- Course unit 7: Promoting positive feelings -- Course unit 8: Building mindfulness.
Sommario/riassunto	The cycle of emotions, like few other phenomena, can significantly

influence our performance in sports. For this reason, many elite athletes turn to mindfulness training as a form of training for mental strength and emotion regulation. Prominent examples include Novak Djokovic (tennis), Phil Jackson (basketball), and Malaika Mihambo (track and fields). In recent years, the benefits of mindfulness-based training have also been discussed in the scientific community, and initial studies confirm the positive effects of its application. Overall, the conclusion can be drawn that mindfulness training works similarly to strength training: the ability to maintain concentration and regulate one's own emotions can be trained like a muscle. This book explains, through vivid practical examples, the significance of emotions in sports, the history of mindfulness in sports, and the mechanisms of mindfulness training for athletes. The focus lies on a scientifically evaluated mindfulness program for both recreational and elite athletes, which can be done individually or in a group. The eight units of the program contain practical exercises as well as information on the background and effects of each exercise. Become your own mental coach to sustainably enhance your athletic performance. The authors Prof. Dr. Darko Jekauc, a former tennis player of Germany's Regional League, is familiar with the sudden onset of negative emotions that can cause doubt in a player and lead to a decline in their performance. He is currently the head of the department 'Health Education and Sports Psychology' at the Karlsruhe Institute of Technology (KIT) and conducts scientific research on emotions in sports. His research group, including Lea Mülberger and Susanne Weyland, focuses on the role of mindfulness training and emotions. The translation was done with the help of artificial intelligence. A subsequent human revision was done primarily in terms of content.
