

History of Sport + Exercise Psychology

1895-1920

First sport psych experiment by Norman Triplett
↳ Do people cycle faster if they cycle together

1921-1938

Coleman Griffith era
↳ Sport psych developing in countries across world

1939-1965

Franklin Henry era
↳ International society for sport psychology (1965)

1966-1977

Motor learning and sport psych split
↳ NASPSPA and FEPSAC developed

1978-2000

International growth, more journals
↳ Association of Applied Sport Psychology (AASP)

2000+

Strong and varied field (uni degrees)
↳ British Psychological Society made a division of Sport and Exercise Psychology in 2008

Scientific Knowledge

- Knowledge gained through the method of science
- Sport and exercise psychology is a science using systematic, controlled, empirical and critical filtering of knowledge acquired through experience

Systematic = answering research under standardised conditions

Control = key variables are focus, other variables are controlled

Empirical = based on evidence produced from observations are open to outside evaluations

Critical = research involves rigorous evaluation of ideas and work by the researcher to ensure conclusions are reliable