Goudas, M., & Biddle, S. (1993). Pupil perceptions of enjoyment in physical education. *Physical Education Review*, **16**, 145-150.

### Heal the Mind and the Body

The use of psychological intervention techniques to facilitate the rehabilitation process is becoming increasingly more widespread. Yet there has been little empirical study of these issues. These researchers conducted two experiments to determine the perceptions of goal setting, imagery, and counseling in sport injury rehabilitation. Results indicated that college students, particularly females, hold positive perceptions of the three psychological interventions with a preference for goal setting. The authors conclude that the three techniques are sufficiently credible to warrant outcome study.

Brewer, B.W., Jeffers, K.E., Petitpas, A.J., & Van Raalte, J.L. (1994). Perceptions of psychological interventions in the context of sport injury rehabilitation. *The Sport Psychologist*, **8**, 176-188.

### Learning to Write and Present

The authors examined students' perceptions of how well they are mentored with respect to professional writing and presentation at conferences. Student members of the Association for the Advancement of Applied Sport Psychology (AAASP) were surveyed on issues such as exposure to formal ethical guidelines of publishing and presenting, the importance of writing and presenting, and receiving appropriate authorship. Results showed that most students felt they were receiving fair to excellent training in this area, but a substantial number believed their training was inadequate.

Butki, B.D., & Andersen, M.B. (1994). Mentoring in sport psychology. Students' perceptions of training in publication and presentation guidelines. *The Sport Psychologist*, **8**, 143-148.

### Sport Goals

Considering that goals may vary as a function of age, gender, and the sporting context, White and Duda examined the internal consistency of the Task and Ego Orientation in Sport Questionnaire (TEOSQ) using athletes of different ages and levels of sport involvement. Additionally, they tested whether the instrument possessed construct validity and supported hypotheses generated from current social cognitive theories of motivation, and they examined the relationship between the athletes' goal orientations and their participation motives. Two hundred thirty-five athletes ranging in experience from youth sport participant to intercollegiate athlete were administered the TEOSQ and Gill's (1983) participation motivation questionnaire. Results indicated that the TEOSQ demonstrated adequate internal consistency across four different levels of sport participation. Additionally, a $2 \times 4$ (Gender $\times$ Level of Involvement) MANOVA was conducted on the subscales of the TEOSQ. Consistent with previous findings, the authors found that males were higher than females in ego orientation, and elite athletes were more ego oriented than those who participated at lower levels. Contrary to what was hypothesized, the results indicated that male athletes who participated at

high school and recreational levels were less task oriented than either their female counterparts or male athletes who participated in youth sport or intercollegiate athletics. A canonical correlation analysis revealed further support for previous research, in that athletes demonstrating a high ego orientation tended to participate for competitive or status reasons, whereas athletes high in task orientation were more inclined to participate for reasons of skill development and fitness.

White, S.A., & Duda, J.L. (1994). The relationship of gender, level of sport involvement, and participation motivation to task and ego orientation. *International Journal of Sport Psychology*, **25**, 4-18.

### Imagery: It's a Matter of Style

Due to controversy in the extant literature over the utility of imagery in facilitating sport performance. O'Halloran and Gauvin tested whether the individual difference variable of preferred cognitive style would moderate the effectiveness of imagery training on motor performance and the ability to construct vivid images. Fifty-five subjects were administered Isaac's (1982) Preferred Imagic Cognitive Style Inventory. The first 24 subjects who indicated a preference for an imagic style and the first 24 subjects indicating a preference for a verbal style were invited to participate in the experiment. Each subject was then randomly assigned to either a treatment or a control condition. The treatment groups engaged in five 15-minute training sessions in guided imagery on consecutive days, whereas the control groups were required to participate in unrelated motor tasks over the same time period. All subjects were assessed in imagery vividness, imagery ability, and task-specific imagery and given a pretest that involved throwing a bean bag at a concealed target. Following the treatment, all subjects received a performance posttest and an assessment of imagery vividness and ability. The results were not in the hypothesized direction, in that the treatment had no effect on either performance or imagery ability. However, the results did indicate a significant performance main effect for cognitive style, with both treatment and control subjects in the imagic style condition performing better than those in the verbal style condition. Furthermore, those with a preference for imagic style reported greater imagery ability and more vivid imagery (especially kinesthetic imagery) than did those with a preference for verbal style. The authors suggest that factors outside the control of this experiment may have led to imagic subjects rehearsing the task, or that the short duration of the task may have prevented those with a verbal style from fully utilizing their abilities.

O'Halloran, A., & Gauvin, L. (1994). The role of preferred cognitive style in the effectiveness of imagery training. *International Journal of Sport Psychology*, **25**, 19-31.

### Crowding the Home Team

Familiarity with the surroundings, difficulties resulting from travel, and the composition of the crowd have all been posited as explanations for the home advantage in a variety of professional sports. Agnew and Carron tested whether this advantage existed in Junior A hockey teams, and which factors associated with the crowd were the best predictors of the home arena advantage. Archival data were