DEVELOPING A PEAK PERFORMANCE PROFILE MEASUREMENT FOR SPORT

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ABSTRACT

The purpose of this study was to construct a measuring instrument to assess sportspersons’ psychological strengths and weaknesses. With this in mind, various developmental procedures were applied in the construction and development of an instrument over a period of more than seven years. The research was conducted in phases beginning with an initial 82-item instrument administered to 304 sport science students who participated in a variety of sports to the last phase culminating in a 15-item peak performance profile containing three independent subscales, namely concentration, stress control and confidence.

Key words: Mental skills; Sport psychology; Psychometrics; Peak performance.