

PLO Artifact # 1 Reflection

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SPP6570: Capstone

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PLO #1: Evaluate the Predominant Theories and Emergent Trends within Sport and Performance Psychology. Artifact: Applied Sport Psychology 6215: Personal Performance Enhancement Project.

Introduction

I chose this piece of academic work as it was the first attempt at application of their behavior modification. I explored how various theoretical perspectives impacted performance, motivation, attention, and emotional regulation in my personal life. The PPEP marks my transition from simply reading and absorbing theories to actively interpreting them to connect with real sport settings. Now, nearly two years later, this artifact reveals my early thinking: organized, curious, and conceptually accurate, but mostly descriptive. Compared to my current perspective, the paper shows how much I have grown in my ability to evaluate theory critically, integrate multiple frameworks, and understand how these concepts inform the consulting work I now do with athletes.

Theoretical Foundations

The artifact reflects a sincere attempt to understand foundational theories in sport and performance psychology. I discussed Self Determination Theory, highlighting the importance of autonomy, competence, and relatedness for athlete motivation. I also explored Achievement Goal Theory, CBT, REBT, mindfulness interventions, attentional control theory, and breathwork. At the time, my explanations focused on what each theory meant and how it functioned conceptually. Over the course of the program, my understanding evolved significantly. I learned how to evaluate the strengths and limitations of each model, how to consider cultural and developmental factors, and how to apply these theories intentionally with specific athletes. This growth marks a shift from description to integration. I am now able to analyze how thought,

emotion, physiology, and behavior interact in performance, and I consistently connect theory to practical intervention choices.

Artifact Significance and Insights

This artifact is significant because it marks the beginning of my professional identity formation. Even as a novice practitioner, I began articulating a philosophy of performance excellence rooted in awareness, regulation, enjoyment, and full physical preparation. I believed then, as I do now, that athletes perform best when they understand the relationship between their thoughts, emotions, and physical sensations and can adjust those states in real time. Writing this paper helped me clarify which theories resonated with my values and which emerging trends in the field felt most aligned with my consulting style. I recognized early on that motivation, emotional regulation, and mindfulness frameworks spoke to the kind of work I hoped to do. The artifact allowed me to experiment with various interventions so that I could understand how theoretical learning would connect to future applied projects and interventions.

Strengths, Weaknesses, and Challenges

A strength of this artifact is its conceptual clarity. I demonstrated the ability to understand major theories and explain them in a coherent, organized manner. I showed genuine curiosity and made early attempts to connect theory to behavior. However, the paper reflects weaknesses, such as my writing was descriptive rather than evaluative, and I did not yet understand how to critique theories or articulate their limitations in application. Applying performance interventions to sales, an area of my life I had outgrown, was not the most effective learning opportunity. It was hard to fully commit to each intervention when in my mind I was ready to move past my sales career and grow my professional identity in sports and performance.

Future Directions

This artifact revealed the interventions I did not quite comprehend. I plan to keep developing my skills in intervention design, measurable outcomes, mental skills applications, and knowing why an intervention is being used. As my applied work expands, I aim to deepen my ability to select theoretically grounded interventions and justify them with clear, evidence-based reasoning. My long-term goal is to integrate theory with experiential, athlete-centered consulting practices that emphasize self awareness, emotional regulation, and consistent performance. This PLO remains central to my development because effective consulting requires a strong theoretical foundation and the ability to adapt these models to the needs of diverse athletes.

Ethical Considerations

When I created this artifact, my understanding of ethics in performance psychology was limited. I had not yet fully grasped issues such as competence, boundaries, cultural humility, and responsible use of psychological theory. With more experience, I now recognize the ethical implications using intervention without good reason or a desired outcome. If I were revising this artifact today, I would consider the impact of using unknown interventions on myself and regarding the outcome with greater objectivity.

Conclusion

This artifact demonstrates the foundation of my ability to evaluate theories and emerging trends in sport and performance psychology. It shows where my understanding began and how much it has expanded through academic study and applied experience. I am proud of the curiosity, organization, and willingness to experiment this early work represents. Today, my understanding of theories is much more thorough, and I am able to intentionally use interventions to create desired behavior change. This artifact marks the starting point of a process that continues to shape my development as a mental performance consultant.

References

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