



Southwestern Oklahoma State University
SWOSU Digital Commons

Oklahoma Research Day Abstracts

2020 Oklahoma Research Day

Mar 6th, 12:00 AM

05. Physical Education

Southwestern Oklahoma State University

Follow this and additional works at: <https://dc.swosu.edu/ordabstracts>

Southwestern Oklahoma State University, "05. Physical Education" (2020). *Oklahoma Research Day Abstracts*. 5.

<https://dc.swosu.edu/ordabstracts/2020oklahomaresearchday/educationandprofessionalstudies/5>

This Event is brought to you for free and open access by the Oklahoma Research Day at SWOSU Digital Commons. It has been accepted for inclusion in Oklahoma Research Day Abstracts by an authorized administrator of SWOSU Digital Commons. An ADA compliant document is available upon request. For more information, please contact phillip.fitzsimmons@swosu.edu.

The Effects of an Imagery Intervention on Imagery Ability

Alex London & Robert Mather

Abstract

Athletes commonly use imagery to improve performance by mentally practicing a physical action without explicit physical movement. The ability to image is a trainable skill and a crucial factor influencing the efficacy of an imagery intervention. Previous research suggests that imagery ability and physical performance improve with the implementation of an imagery intervention, yet a time frame that improvements occur is unknown. The purpose of this study is to determine an appropriate duration of an intervention to improve the ability of generating images. Experienced golfers (n=14) were instructed to practice a personalized imagery script for 15 minutes, three days per week. Additionally, participants were asked not to practice any putting more than typical. Imagery ability was evaluated during each visit to the laboratory with the Sport Imagery Ability Questionnaire (SIAQ). Putting performance was assessed on 15 putts from a distance of 3.05m. Upon completion of data collection, two one-way repeated-measures ANOVA's will be conducted. Results will be obtained to compare the means of imagery ability and results of putting performance. In the case of significance, a dependent t-test with a Bonferroni correction will be conducted to determine when significant improvements in imagery ability occur. A Spearman's rank correlation coefficient will be conducted to analyze if a relationship exists between imagery ability and putting performance.