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.(Weinberg,et.al.,1991)

(Morgan)

"

"

" *(Suinn)*

(1996) ."

" *(Schmidet,1991)*

" (1992) ."

" (1999) ."

"

(1996) .

(1987).
(1996) :

:(_____)
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: **2-1-2**

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:() . **1**

Psychoneuro Muscular Theory (Muscle Memory)

(Williams,1993) .

) (Schmidt,1988)

(

(Wehner, et.al., 1984)

: () . 2
Symbolic Learning Theory (Mental Blueprint)
()

(1995) . ()
(C.N.S)

(Thelma, 1992) :

: () . 3
Bio-informational Theory (Response Set)

)

(

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Attentional-Arousal Set Theory (Mental Set)

(Williams,1993) .

:

3-1-2

Mental Skills

:

: Relaxation

:

(1995) .

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: Muscular Relaxation . 1

Progressive

Imagery Relaxation

Relaxation

Localized

Self-Directed Relaxation

Relaxation Through Exertion

Relaxation

The One Breath Relaxation

(1995) .*Bio-feedback Relaxation*

: Mental Relaxation . 2

Relaxation Response

Cognitive

Breath Control

(1996) .*Relaxation*

"

(1996)

"

(Williams,1993) .

.(Martens,1987)

(Roberts,et.al.,1986)

Physical

Mental Relaxation

Relaxation

: *Mental Imagery*

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Imagery

Mental Rehearsal

Visualization

(McCaffery & Orlick, 1989)

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: *External Imagery* . 1

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: *Internal Imagery* . 2

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(1995) .(

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(1990) .

(Martens,1987)

(Cox,1994)

Repetition

Preservation

Intensification

Elaboration

(1996

) .

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: Attention

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Width of Attention

Narrow

Broad

Internal

Direction of Attention

(1995) .*External*

(Orlick,1986)

(Lohasz & (Nideffer,1992) (Wrisberg & Anshel,1989) (Martens,1987)

Psychic Energy

Leith,1997)

*Stress Management**Goal-Setting*

.()

(1995)

*Reducing Competitive**.Increasing Athletic Performance**Anxiety*

(Nideffer,1992)

*Physical Skills**Mental Skills*

.(Savoy,1997) (Groviros,1992)

(Weinberg,et.al.,1991) (Cohn,1990) (Weinberg,1988)

.(Baker & Kayser,1994) (Davis,1991)

Mental Imagery

(Hall, et.al.,1990) ()

(Savoy (Hanrahan, et.al.,1995) (Cox & Live,1993) (Barr & Hall,1992)

(Hall,et.al.,1997) (Deffrancesco & Buke,1997) & Beitel,1996)

(O'halloran & (Gould,et.al.,1990) (Rushall,1989) (Silva,et.al.,1988)

.(Huddy & Cash,1997) Gauvin,1994)

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4-1-2

Match Point

(Nideffer,1985)

()

(Ronnie,1995)

(Bouchard & Singer,1998)

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.Readying () . 1

.Imaging () . 2

.Focusing Attention . 3

.Executing . 4

.Evaluating . 5

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Readying () : _____ ◀

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(*Singer,1988*),(*Ronnie,1995*) :

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Imaging : _____ ◀

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Focusing Attention : _____ ↖

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Executing : _____ ↖

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Evaluation : _____ ↖

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(1991) .

(1987)

(1986)

(1986).

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(Estep,1995) .

.(McLennan,1995a) (1)



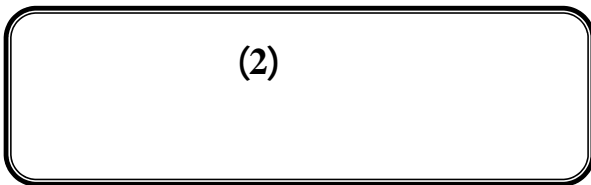
(1)

(The Baseline)



(1991)

(2)



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(3)

(6)



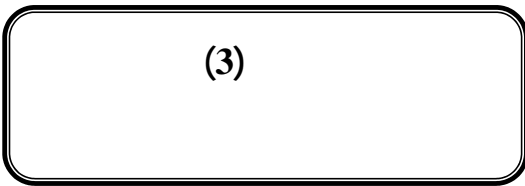
(3)



(2)

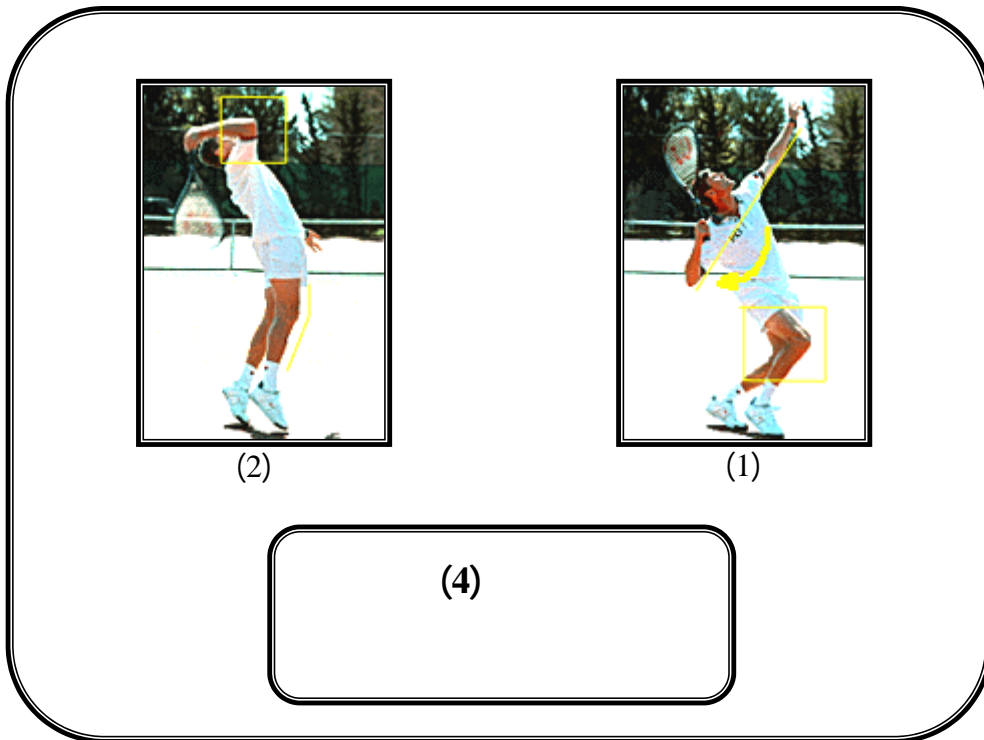


(1)



(4)

(Basnyat, 1995) .



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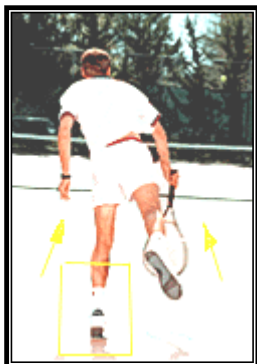
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(5)

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(1998)

(45)

(1998)

(28)

(14)

(14)

(1998)

(18)

(6)

(Scalez,1998)

(35)

(Yongmin,1998)

(72)

(Garza,1997)

(27)

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(1999) .

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(1998) .