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Welcome to **262 Research.org**

You probably found out about this site at your “Team in Training” Kick-Off meeting for either the *Suzuki Rock ‘n’ Roll Marathon* in San Diego, CA or *The Mayor’s Midnight Sun Marathon* in Anchorage, AK. Thank you for stopping by...

If you are participating in either of these events, running or walking, I invite you to take the nationwide survey of “Team in Training” participants and get a t-shirt for your efforts.*

* t-shirt sent after completion of the second round of surveys to be completed following the marathon

PURPOSE OF STUDY

I hope you decide to take part in of my study of people who decide to train for a marathon. You are part of a population rich in diversity, and dedication. As a participant, by the nature of this sport, you must adhere to a rigorous training schedule. A study of your motivations may hold the answer to one of the most often asked questions in sports today, “What can be done to help people stay motivated in an exercise program?” What motivates marathoners to “stay with a rigorous program” may hold the secret ingredient to motivating the average person to maintain a healthy lifestyle.

All information is kept strictly confidential. Ultimately, in addition to my dissertation the results of this study will be used to create a manual that will be distributed by the Leukemia and Lymphoma Society to participants of “Team in Training”. It is my hope that this study will assist future “Team in Training” participants to reach their goals.

ABOUT US

My name is Barbara Lemaire and I am currently a doctoral candidate in sport psychology at San Diego University for Integrative Studies. I earned my M.A. in counseling psychology from the University of Humanistic Studies. In addition I am certified as a personal trainer through the American Counsel on Exercise (A.C.E.).

In 2000, I trained for and completed the 2000 Honolulu Marathon as a member of “Team in Training”. This experience in the middle of earning my doctorate changed many aspects of my life including the direction of my research. For the past 15 years I have been an active participant in the motivational field researching motivation, self-esteem and goal-setting and how to achieve a healthy balance in body-mind-spirit. Through my experience in coaching/counseling I know that all athletes can benefit from working with a sports psychologist.

I support you in your endeavor – you can do 26.2 – it may be hard to believe at first, I know I had a hard time believing it in the beginning – you can do it - the marathon and the donations – GO TEAM !!!!

RESOURCES

(Links to resources for walkers and runners, not commercial, still researching)

ABOUT SPORT PSYCHOLOGY

DEFINITION OF SPORT PSYCHOLOGY

according to American Psychological Association, Division 47, Exercise & Sport Psychology

Sport and Exercise Psychology Defined

Sport and exercise psychology is the scientific study of the psychological factors that are associated with participation and performance in sport, exercise, and other types of physical activity. Sport psychology professionals are interested in two main objectives: (a) helping athletes use psychological principles to improve performance (performance enhancement) and (b) understanding how participation in sport, exercise, and physical activity affects an individual's psychological development, health, and well-being throughout the life span.

Sport Psychology: Role Definition

There are two general types of sport psychologists, academic and applied. Academic sport psychologists educate consumers about sport psychology and conduct sport psychology research. These individuals usually teach at colleges and universities, train sport psychology students, and may provide sport psychology interventions for athletes, teams, and coaches. Applied sport psychologists focus more on professional practice and application of sport psychology in sport, exercise, and physical activity settings. Typically, these individuals assist athletes with performance enhancement and/or clinical issues, provide workshops for coaches and administrators, or function as consultants to teams.

My personal view of Sport Psychology

Sports psychology is primarily a study of health, wellness and motivation. The investigation of peak performance and personal growth is a powerful way to discover how to promote such traits in others. This is one of the reasons I gravitated to this field. It is fascinating to listen to an athlete talk about what she is thinking while competing in the seemingly superhuman Ironman Triathlon. It is equally engaging to hear the thought process that is used to direct a career in the NFL, or how an older NBA player is preparing for retirement. Athletes are very interesting often exceptional people, but they are human. That's where sports psychology enters the picture. Sports Psychology can help athletes manage stress, control concentration, improve confidence, increase communication skills, deal

with injury. Other less obvious areas in which sports psychology is used, are to enhance personal growth, assist with interpersonal relationships, and deal with depression and anxiety. A sports psychologist is first a psychologist. Everyday problems that affect the general population can and do affect athletes. That's why I have entered this field, I look forward to working with a full range of athleticism. Whether it is trying to get and keep an exercise program on track, dealing with a slump or working on goal-setting, sports psychology can help.

SURVEY

Consent Form to participate in research

You are invited to be involved in a research study that will examine differences in motivation, performance goals and self-efficacy between marathon walkers and runners. The research is being conducted by Barbara C. Lemaire M.A., a doctoral candidate in sports psychology at the San Diego University for Integrative Studies (SDUIS), who is also a certified personal trainer through the American Council of Exercise. Dr. Sherry Newsham is supervising this research project. The outcomes of this study may provide valuable information on what components will motivate people to participate in a regular exercise routine.

To participate in the study, you will be asked to complete a number of questionnaires; one set as you begin your training and a second set after you finish the marathon. Each set of questionnaires will take approximately 20 minutes to complete. The questionnaires require participants to score how they feel about their sport participation in various situations and from a number of points of view. The data collected from each participant will be kept strictly confidential as required by law and will not be made known to others. Identifying information will be known only to the researcher. Your participation in this study is purely voluntary and there will be no negative consequences for anyone who do not wish to participate.

Some of the questions may be considered sensitive in nature. In filling out the questionnaire, keep in mind that if you find a question embarrassing or uncomfortably intrusive, you are at full liberty not to answer it, although it is hoped that under the strict confidentiality provided, all questions can be answered fully. You are free to withdraw from this study at any time, for any reason.

As a result of participating in this study you may find a better understanding of your self and how you feel about increased physical fitness and your feelings about your exercise routine. There is no guarantee however, that you will receive any benefits from this study.

If you have any questions you should contact the researcher Barbara C. Lemaire at 858-793-8352 or e-mail me at sportpsych@myexcel.com. If you have questions regarding your rights as a human subject and participation in this study, you should call Dr Newsham or Dr de Haan at The San Diego University for Integrative Studies at 858-638-1999. You will be provided with a copy of this consent form as well as a copy of "The Research Participant's Bill of Rights".

Yes I consent to participate in survey

No I do not wish to participate in survey

**Team in Training Participants Survey
Pre-Training**

Demographics

Name:

Circle one
Runner Walker

Address:

e-mail:

Circle one

Phone:

Novice Intermediate Master

Age:

Circle one

Sex:

Years of Education :

Rock 'n' Roll Marathon
The Mayor's Midnight Sun Marathon

Sport Orientation Questionnaire

The following statements describe reactions to sport situations

We want to know how you USUALLY feel about sports and competition.

Read each statement and choose the letter that indicates how much you agree or disagree with each statement on the scale. There are no right or wrong answers: simply answer as you honestly feel. Do not spend too much time on one statement. Remember, choose the letter which describes how you usually feel about sport and competition.

	Strongly agree	Slightly agree	Neither agree nor disagree	Slightly disagree	Strongly disagree
1. I am a determined competitor	A	B	C	D	E
2. Winning is important	A	B	C	D	E
3. I am a competitive person	A	B	C	D	E
4. I set goals for myself when I compete	A	B	C	D	E
5. I try my hardest to win	A	B	C	D	E
6. Scoring more points than my opponent is very important to me	A	B	C	D	E
7. I look forward to competing	A	B	C	D	E
8. I am most competitive when I try to achieve personal goals	A	B	C	D	E
9. I enjoy competing against others	A	B	C	D	E
10. I hate to lose	A	B	C	D	E
11. I thrive on competition	A	B	C	D	E
12. I try hardest when I have a specific goal	A	B	C	D	E
13. My goal is to be the best athlete possible	A	B	C	D	E
14. The only time I am satisfied is when I win	A	B	C	D	E
15. I want to be successful in sports	A	B	C	D	E
16. Performing to the best of my ability is very important to me	A	B	C	D	E
17. I work hard to be successful in sports	A	B	C	D	E
18. Losing upsets me	A	B	C	D	E
19. The best test of my ability is competing					

against others	A	B	C	D	E
20. Reaching personal performance goals is very important to me	A	B	C	D	E
21. I look forward to the opportunity to test my skills in competition	A	B	C	D	E
22. I have the most fun when I win	A	B	C	D	E
23. I perform my best when I am competing against an opponent	A	B	C	D	E
24. The best way to determine my ability is to set a goal and try to reach it	A	B	C	D	E
25. I want to be the best every time I compete	A	B	C	D	E

Motivation of Marathoners Scales

Please rate each of the following items according to the scale below in terms of how important it is as a reason why you trained for and did a marathon. A score of 1 would indicate that the item was “not a reason” for training for training and participating in a marathon; a score of 7 indicates that the item was “a most important reason” for your training and participating in a marathon; the scores in-between represent relative degrees of each reason.

Not A Reason	1	2	3	4	5	6	7 A Most Important Reason
1.	_____						
							To help control my weight.
2.	_____						
							To compete with others.
3.	_____						
							To earn respect of peers.
4.	_____						
							To reduce my weight.
5.	_____						
							To improve my running/walking speed.
6.	_____						
							To earn the respect of people in general.
7.	_____						
							To socialize with other runners/walkers.
8.	_____						
							To improve my health.
9.	_____						
							To compete with myself.
10.	_____						
							To become less anxious.
11.	_____						
							To improve my self-esteem.
12.	_____						
							To have something in common with other people.
13.	_____						
							To add a sense of meaning to life.
14.	_____						
							To prolong my life.
15.	_____						
							To become less depressed.
16.	_____						
							To meet people.
17.	_____						
							To become more physically fit.
18.	_____						
							To distract myself from daily worries.
19.	_____						
							To make my family or friends proud of me.
20.	_____						
							To make my life more purposeful.
21.	_____						
							To look leaner.
22.	_____						
							To try to run/walk faster.

Motivation of Marathoners Scales Continued

Not A Reason	1	2	3	4	5	6	A Most Important Reason	7
23.	_____							
24.	_____							
25.	_____							
26.	_____							
27.	_____							
28.	_____							
29.	_____							
30.	_____							
31.	_____							
32.	_____							
33.	_____							
34.	_____							
35.	_____							
36.	_____							
37.	_____							
38.	_____							
39.	_____							
40.	_____							
41.	_____							
42.	_____							
43.	_____							
44.	_____							
45.	_____							
46.	_____							
47.	_____							
48.	_____							
49.	_____							
50.	_____							
51.	_____							
52.	_____							
53.	_____							
54.	_____							
55.	_____							
56.	_____							

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WHY DO YOU PRACTICE YOUR SPORT ?

Using the scale below, please indicate to what extent each of the following items corresponds to one of the reasons for which you are presently practicing your sport.

Does not correspond at all		Corresponds Moderately				Corresponds Exactly	
1	2	3	4	5	6	7	
1. _____							For the pleasure I feel in living exciting experiences.
2. _____							For the pleasure it gives me to know more about the sport that I practice.
3. _____							I used to have good reasons for doing sports, but now I am asking myself if I should continue doing it.
4. _____							For the pleasure of discovering new training techniques.
5. _____							I don't know anymore; I have the impression that I am incapable of succeeding in this sport.
6. _____							Because it allows me to be well regarded by people that I know.
7. _____							Because, in my opinion, it is one of the best ways to meet people.
8. _____							Because I feel a lot of personal satisfaction while mastering certain difficult training techniques.
9. _____							Because it is absolutely necessary to do sports if one wants to be in shape.
10. _____							For the prestige of being an athlete .
11. _____							Because it is one of the best ways I have chosen to develop other aspects of myself.
12. _____							For the pleasure I feel while improving some of my weak points.
13. _____							For the excitement I feel when I am really involved in the activity.
14. _____							Because I must do sports to feel good about myself.
15. _____							For the satisfaction I experience while I am perfecting my abilities.
16. _____							Because people around me think it is important to be in shape.
17. _____							Because it is a good way to learn lots of things which could be useful to me in other areas of my life.
18. _____							For the intense emotions that I feel while I am doing a sport that I like.
19. _____							It is not clear to me anymore; I don't really think my place is in sport.
20. _____							For the pleasure that I feel while executing certain difficult movements.

WHY DO YOU PRACTICE YOUR SPORT ? Continued

Does not correspond at all		Corresponds Moderately			Corresponds Exactly		
1	2	3	4	5	6	7	
21. _____							Because I would feel bad if I was not taking time to do it.
22. _____							To show others how good I am good at my sport.
23. _____							For the pleasure that I feel while learning training techniques that I have never tried before.
24. _____							Because it is one of the best ways to maintain good relationships with my friends.
25. _____							Because I like the feeling of being totally immersed in in the activity.
26. _____							Because I must do sports regularly.
27. _____							For the pleasure of discovering new performance strategies.
28. _____							I often ask myself; I can't seem to achieve the goals that I set for myself.

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Trait Sport Confidence Inventory

Think about how self-confident you are when you compete in sport.

Answer the questions below based on how confident you generally feel when you compete in your sport. Compare your self-confidence to the most self-confident athlete you know.

Please answer as you *really* feel, not how you would like to feel. Your answers will be kept completely confidential.

When you compete, how confident do you generally feel?

- | Low | | | | Medium | | | | High |
|-----|---|---|---|--------|---|---|---|------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 |
1. _____ Compare your confidence in *your ability to execute the skills necessary to be successful* to the most confident athlete you know.
 2. _____ Compare your confidence in *your ability to make critical decisions during competition* to the most confident athlete you know.
 3. _____ Compare your confidence in *your ability to perform under pressure* to the most confident athlete you know.
 4. _____ Compare your confidence in *your ability to execute successful strategy* to the most confident athlete you know.
 5. _____ Compare your confidence in *your ability to concentrate well enough to be successful* to the most confident athlete you know.
 6. _____ Compare your confidence in *your ability to adapt to different game situations and still be successful* to the most confident athlete you know.
 7. _____ Compare your confidence in *your ability to achieve your competitive goals* to the most confident athlete you know.
 8. _____ Compare your confidence in *your ability to be successful* to the most confident athlete you know.
 9. _____ Compare your confidence in *your ability to consistently be successful* to the most confident athlete you know.
 10. _____ Compare your confidence in *your ability to think and respond successfully during competition* to the most confident athlete you know.
 11. _____ Compare your confidence in *your ability to meet the challenge of competition* to the most confident athlete you know.
 12. _____ Compare your confidence in *your ability to be successful even when the odds are against you* to the most confident athlete you know.
 13. _____ Compare your confidence in *your ability to bounce back from performing poorly and be successful* to the most confident athlete you know.

State Sport Confidence Inventory

Think about how confident you feel right now about performing successfully in the upcoming competition

Answer the questions below based on how confident you feel **right now** about competing in the upcoming event . Compare your self-confidence to the *most self-confident athlete* you know.

Please answer as you *really* feel, not how you would like to feel. Your answers will be kept completely confidential.

How confident are you right now about competing in the upcoming event?

- | Low | | | | Medium | | | | High |
|-----|---|---|---|--------|---|---|---|------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 |
1. _____ Compare the confidence you feel right now in your ability *to execute the skills necessary to be successful* to the most confident athlete you know.
 2. _____ Compare the confidence you feel right now in *your ability to make critical decisions during competition* to the most confident athlete you know
 3. _____ Compare the confidence you feel right now in *your ability to perform under pressure* to the most confident athlete you know.
 4. _____ Compare the confidence you feel right now in *your ability to execute successful strategy* to the most confident athlete you know.
 5. _____ Compare the confidence you feel right now in *your ability to concentrate well enough to be successful* to the most confident athlete you know.
 6. _____ Compare the confidence you feel right now in *your ability to adapt to different game situations and still be successful* to the most confident athlete you know.
 7. _____ Compare the confidence you feel right now in *your ability to achieve your competitive goals* to the most confident athlete you know.
 8. _____ Compare the confidence you feel right now in *your ability to be successful* to the most confident athlete you know.
 9. _____ Compare the confidence you feel right now in *your ability to consistently be successful* to the most confident athlete you know.
 10. _____ Compare the confidence you feel right now in *your ability to think and respond successfully during competition* to the most confident athlete you know.
 11. _____ Compare the confidence you feel right now in *your ability to meet the challenge of competition* to the most confident athlete you know.
 12. _____ Compare the confidence you feel right now in *your ability to be successful even when the odds are against you* to the most confident athlete you know.
 13. _____ Compare the confidence you feel right now in *your ability to bounce back from performing poorly and be successful* to the most confident athlete you know