

# Applied Sport Psychology Course

## Course Outline

- Research evidence that supports the essential mental skills that work in applied settings (2 hr – Theory)
- How to practically assess the mental skills competencies of your athletes (3 hr – Theory & Practical)
- How to plan and periodize mental skills training over a competitive season (2 hr – Theory & Practical)
- How to use mental skills training for injury rehabilitation & recovery (2 hr – Theory & Practical)
- How to teach mental skills to athletes in an interactive, engaging way (4 hr – Practical)
- Case study analysis for mental skills applications (1 hr – Theory)

## Trainer's Profile

### Edgar Tham & his Team of experienced Multi-sport Trainers

Edgar is Singapore's pioneer Sport & Performance Psychologist; he has worked with more than 40 different performance domains (e.g., sports, music, performing arts, military, civil defense, business, sales, online forex/futures trading, motor racing, professional poker, etc) from the schools to world championship levels since 1993. He was employed by the Singapore Government as its very first local sport psychologist in 1995.

Edgar was the founding Head of the Sport Psychology Unit of the Singapore Sports Council in 1996. He was team consultant and traveling psychologist to numerous national teams preparing for the SEA Games, Asian Youth Games, Asian Games, Commonwealth Games, Youth Olympic Games, Olympic Games, Paralympic Games, World Championships, and ASEAN Armies Rifle Meets (till 2001). Currently, Edgar is a full-time sport & performance psychologist in private practice. He has consulted for and implemented season-long sport psychology programmes for numerous sports teams.

As a Registered Psychologist (since 2002) with the Singapore Psychological Society, Edgar is listed in the International Who's Who of Professionals (2000) for his specialized work in peak performance psychology. He is the author / co-author of the following publications:

As at 3 May 2019

- Mental Toughness Strategies of the World's Greatest Athletes, with Dr Daniel A. Weigand, Health Sciences Academy, USA, August 2010
- Scientifically Slim: 30 Proven Ways to Lose Weight & Keep It Off, with Dr Machiel Kennedy & Shirlaine Phang, Langdon Street Press, USA, July 2009
- World Sport Psychology Sourcebook, 3rd Edition (Chapter Contributor; Sport Psychology in Singapore), with Dr Teh Kong Chuan, Fitness Information Technology, USA, Dec 2001
- Psychological Rehabilitation [audio CD], Singapore Sports Council, Dec 2000
- In the Zone: The Mindset for Peak Performance [audio book], Singapore Sports Council, July 1997

In his free time, Edgar teaches part-time as an adjunct teaching faculty member of several undergraduate psychology and sport science diploma / degree courses. He is also a long-time lecturer for the Singapore Sports Council's National Coaching Accreditation Programme in Sport Psychology (Mental Skills Training) since 1996.

Edgar holds black belts in both Aikido and Taekwondo, and was a national champion in canoeing (National Schools A Division) and dragon boat racing (National Men's Open). He was awarded numerous Colours Awards for his leadership roles and multi-sport achievements. In 2010, Edgar was awarded the highly prestigious Diplomate in Sport Psychology by the International Sports Professionals Association (USA) for his pioneering work and contributions in sport psychology in Asia.

As a leading authority and expert on sport, exercise and performance psychology, he is often quoted in the mass media:

- Straits Times
- Business Times
- Channel News Asia
- Elle Magazine (S'pore Edition)
- Mind Your Body (Straits Times Supplement)
- My Paper
- Radio 938 Live
- Simply Her magazine
- The New Paper
- <http://news.asiaone.com/news/sports/how-they-enhance-athletes-performance>
- The Law Society of Singapore - News & Media Website
- The Peak magazine
- etc