

DOMINICAN UNIVERSITY of CALIFORNIA

Scholarly & Creative Works Conference

#10

Presenter: Taka Hall

Session & Time: Oral_VI / 5:20 to 5:40pm

Room: Guzman 104

Discipline: Applied Sport and Performance Psychology

Faculty Mentor: Tanner Biwer

ZOOM link:
https://us04web.zoom.us/j/71090937040?pwd=ZFaibWRoad9QwjPcu9qzuUaKCXG6ym.1
ZOOM Passcode: DUC

Digital Portfolio URL:
https://sites.google.com/d/1T1NIftWpQOGII12Cmy2ipLG1FDiL9jBq/p/1gybIfPdKP4Vp5fAwHu7jbj9NhEPNCT0J/edit?pli=1&authuser=2

Title: Philosophy of Practice - Taka Hall

Abstract:

This philosophy of practice presentation in Applied Sport and Performance Psychology is grounded in Self-Determination Theory (SDT) and Cognitive Behavioral Therapy (CBT), integrating mental skills training to optimize athletic performance and well-being. The values included are compassion, authenticity, and accountability where the plan is to quite literally step into the athletes shoes, be genuine and honest with perspective feedback, and hold athletes accountable to growth. SDT emphasizes the importance of

autonomy, competence, and relatedness in fostering intrinsic motivation and sustained engagement in sport. While CBT, through goal setting, imagery, and positive self-talk, provides a framework for identifying and restructuring harmful thought patterns that hinder performance. By integrating these evidence-based approaches, this philosophy of practice prioritizes a holistic, athlete-centered model that promotes both mental well-being and peak performance. Athletes will learn not only to enhance their skills, but also to develop psychological flexibility, emotional regulation, and a growth mindset. This approach will aim to ensure long-term success, both within and beyond their sport, by fostering a positive mindset, mental resilience, and self-determined motivation.