



AthletePlusEducation

Excellence en Éducation & Médecine du Sport
Excellence in Education & Sports Medicine

Mental Health 101: An Evidence-Based Approach to Enhancing Mental Health, Performance, and Well-being in Athletics through Positive Psychology

Presented by Athlete Plus Education

Course Description:

Rooted in positive psychology, this course explores the science of human flourishing to equip coaches and healthcare professionals with tools shown to enhance mental health, performance, and well-being. By examining the five building blocks of well-being—Positive Emotion, Engagement, Relationships, Meaning, and Achievement—participants will learn ways to apply theories and evidence-based skills to help athletes thrive.

Course Objectives:

- ✓ Describe the five building blocks of the PERMA model of well-being
 - Positive Emotion
 - Engagement
 - Relationships
 - Meaning
 - Achievement
- ✓ Define Positive Psychology
- ✓ Explain strategies and interventions to enhance mental health, performance, and well-being
- ✓ Apply your knowledge through relevant case studies

Course Instructor:



Sarah McAllister is a PhD Candidate in Education at the University of Ottawa with a keen interest in mental health among university students. She completed an Honours Bachelor in Human Kinetics with a Minor in Psychology, as well as a Master's degree in Human Kinetics, where she studied the impact of positive education and yoga on undergraduate students' mental health. In this course, she draws on her background in Human Kinetics and Psychology to teach the role that coaches and healthcare professionals can play in supporting athletes' mental health, performance, and well-being on and off the field.



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Course Content

Module 1: Positive Emotion

- Happiness research
- Positive psychology interventions
 - “Three Good Things”
 - Gratitude
 - Savouring
 - “Best Possible Self”
 - Smiling
 - Meditation
 - Physical activity
 - Nurturing social relationships
 - Random acts of kindness
- Positive vs. negative emotions
- Self-compassion

Module 2: Engagement

- Flow
- Self-regulation
- Decision-making
- Stress management
- Mindfulness
- Character strengths

Module 3: Relationships

- Humans as social creatures
- Satisfying social relationships
- Emotional intelligence
- Empathy
- Active listening
- Communication skills

Module 4: Meaning

- Meaning
- Purpose
- Values
- Passions

Module 5: Achievement

- Hope theory
- Self-efficacy
- Motivation
- Stages of change
- Goal setting
- Visualization
- Habit formation
- Mindset