

In the mind's eye

Video lecture in effective sport imagery

So what are lectures like at university? Watch this short twenty-five minute online lecture on sport imagery by Dr Jennifer Cumming. Make sure that you also look at the additional material supplied below the video.



[Video Lecture: In the Mind's Eye - Effective sport imagery training](#)

<http://www.download.bham.ac.uk/studyhere/presenter/sportecture1/index.htm>

Click the image above to go to the interactive video lecture .

Additional resources

Resources directly related to the lecture:

- [Notes for teachers \(PDF 46Kb\)](#) ([/Documents/college-les/sportex/imagery/Introductiontoimagery-teachersnotes.pdf](#))
- [Lecture outline - student handout \(PDF 64Kb\)](#) (https://cms.bham.ac.uk/undergrad/prospective/imagery/Lecture_outline_student_handout.pdf)
- [Analysing 'Learning' element of PETTLEP model - student handout \(PDF 20Kb\)](#) (https://cms.bham.ac.uk/undergrad/prospective/imagery/Learning_element_of_the_PETTLEP_model_student_worksheet.pdf)
- [Analysing 'Learning' element of PETTLEP model - answers for teachers \(PDF 30Kb\)](#) (https://cms.bham.ac.uk/undergrad/prospective/imagery/Learning_element_of_the_PETTLEP_model-expert_vs_novice_hockey_hit_answers.pdf)

Additional Worksheet and Classroom Activities:

- [Points to consider when imaging - handout for students \(PDF 28Kb\)](#) (https://cms.bham.ac.uk/undergrad/prospective/imagery/Imagery_Points_to_Consider_student_handout.pdf)
- [Exploring your imagery - independent learning activity for students \(PDF 28Kb\)](#) (https://cms.bham.ac.uk/undergrad/prospective/imagery/Exploring_Your_Imagery_student_worksheet.pdf)
- [Improving your imagery - independent learning activity for students \(PDF 31Kb\)](#) (https://cms.bham.ac.uk/undergrad/prospective/imagery/Improving_Your_Imagery_student_worksheet.pdf)
- [Classroom activity 1 - lesson plan for teachers \(PDF 32Kb\)](#) (https://cms.bham.ac.uk/undergrad/prospective/imagery/Classroom_exercise1.pdf)
- [Classroom activity 2 - lesson plan for teachers \(PDF 47Kb\)](#) (https://cms.bham.ac.uk/undergrad/prospective/imagery/Classroom_exercise2.pdf)

[Download all resources in one zipped archive \(ZIP 283Kb\)](#)

<http://www.sportex.bham.ac.uk/undergrad/prospective/imagery/ImageryVideoLectureAdditionalResources.zip>