

# Exploring Your Imagery

## Student Activity

### Perception without Sensation

To make images as realistic as possible, it is important for athletes to be able to use all of their sensory modalities. Try to create the following images in your mind's eye and rate your ability to experience each image by circling the appropriate response:

1) A friend's face

1	2	3	4	5	6	7
No image present: Just thinking about it	Vague and dim: Hardly able to experience the image	Not clear or vivid but can recognise image	Moderately clear and vivid	Clear and reasonably vivid	Very clear and similar to actual experience	Perfectly clear and vivid as normal vision

2) Walking barefoot along a beach

1	2	3	4	5	6	7
No image present: Just thinking about it	Vague and dim: Hardly able to experience the image	Not clear or vivid but can recognise image	Moderately clear and vivid	Clear and reasonably vivid	Very clear and similar to actual experience	Perfectly clear and vivid as normal vision

3) An audience clapping

1	2	3	4	5	6	7
No image present: Just thinking about it	Vague and dim: Hardly able to experience the image	Not clear or vivid but can recognise image	Moderately clear and vivid	Clear and reasonably vivid	Very clear and similar to actual experience	Perfectly clear and vivid as normal vision

4) The taste of biting into a lemon

1	2	3	4	5	6	7
No image present: Just thinking about it	Vague and dim: Hardly able to experience the image	Not clear or vivid but can recognise image	Moderately clear and vivid	Clear and reasonably vivid	Very clear and similar to actual experience	Perfectly clear and vivid as normal vision

5) The smell of a freshly painted room

1	2	3	4	5	6	7
No image present: Just thinking about it	Vague and dim: Hardly able to experience the image	Not clear or vivid but can recognise image	Moderately clear and vivid	Clear and reasonably vivid	Very clear and similar to actual experience	Perfectly clear and vivid as normal vision

### Reflecting on Your Scores

Which senses did you find easiest and hardest to image?

Easiest	Hardest

### Sport Images

Which senses do you think are the most important for athletes to incorporate when imaging their sporting activities?

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Athletes try and incorporate various sensations into their images. Now try and imagine participating in a sporting situation.

The sporting scenario is: \_\_\_\_\_

When imaging this scenario, what can you...	
See	
Hear	
Smell	
Taste	
Feel (body movement, sensation)	
Feel (emotion)	