

# **PSYCHOLOGY FOR COMPETITIVE WEIGHTLIFTING**

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## **Abstract:**

Weightlifting is about doing something extraordinary in a very short period of time. This is a hardworking competitive sport that requires a great deal of self-discipline and a combination of body, skill and mind. Because of weightlifting's characteristics, the potential physical advantage of weightlifters is minimized due to the weight division in competition. Beside the necessary imposition of the competition weight divisions, the balance between the amount of training in the three basic elements, which consist of physical enhancement, mental training and skill development, is still in question. The largest proportion of training time is spent on physical

enhancement and skill development. The mental training (before, during and after competition) needs to be better understood and employed appropriately. This presentation provides scientific information in terms of psychology in order to enhance the potential opportunity for successful weightlifting. The presentation will focus on what should be undertaken, or not undertaken, in terms of psychology, to affect weightlifters' performance. Psychological techniques, such as self-talk, imagery and relaxation, are introduced to strengthen their mental endurance for competition as well as the application of psychological techniques for athletes and coaches.

# **SPORT TOURISM TRENDS AND PERSPECTIVES**

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Sport Tourism refers to traveling which constitutes either observing or participating in a sport event by staying apart from their ubiquitous and comfort environment. Sport Tourism is a rapidly growing sector of the global traveling industry and equates to \$7.68 billion a year (Wikipedia, 2019).

Nowadays, Sport Tourism is an economic industry. According to the World Tourism Organization, Sports Tourism has approached \$180 billion in 2014, accounting for 15 percent of the tourism market. Henceforth, it is anticipated to excel \$400 billion by 2020. In addition, Technavio (2019) announced that the global market size of Sports Tourism industry

will surged in economic growth by 6,120 billion USD from 2019 till 2023. Therefore, Sports Tourism represents one of the main pillars of future tourism development.

For this reason, the purpose of this paper is to discuss 1) The Definition of Sport Tourism, 2) The Classification of Sport Tourism, and 3) Queenstown: The Adventure Capital of the World. In order to give an in-depth understanding towards the booming growth of the Sport Tourism's domestic and international market while offering a future guideline of the accelerating transformation and the state-of-the-art Sport Tourism Industry.

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