People participate in recreational sports for exercise, fun, and a way to relieve stress; however, sometimes the competitiveness and the game can add to the individual’s stress. In this video Paul Moniz interviews two clinical psychologists from the Institute for Performance Advancement, Dr. Messino and Dr. Weiner, on the relationship between stress and sports. Dr. Weiner said that, “people use sports to vent their anger, and competitiveness undermines the pleasure of sports.” He describes the nature of stress that individuals experience while being involved in sports, and also describes the feeling of winning as instinctual; however, people must learn how to adapt to it. The two psychologists then carried on to shed some insight and offer some ideas on relieving the stress during the game, and to re-direct your competitiveness. They emphasize the focus on the individual, and that that is where the focus should be. The individual should focus on the process and not the outcome, which goes to the day old saying, “it’s not whether you win or lose its how you play the game.” This holds true in this video, and if you are able to deal with the stress by removing yourself from it, taking a deep breath, and reassessing, exercise will actually help to reduce your stress, and you will have fun in the process.
| Critical Comments | Availability: This video is free and accessible to the general public on the internet.  
Content: The content in this video is accurate, up to date, and is appropriate for the target audience.  
Need and Usage  
Interests: I think this video meets the interests of many people. This is not a very common topic, so its unique content appeals to the audience.  
Purpose: This video serves a purpose to educate people about stress in sports and ways to cope with this stress.  
Depth: The depth and length of the video is appropriate for the audience.  
Content Quality  
Format: The subject is suitable for a video format, although a demonstration may have been beneficial.  
Authority: This video is broadcasted from ABC news which is a widely known credible news source.  
Efficient: The video’s content is worth viewing, especially to those who are involved in any kind of athletics.  
Appeal: This video is basically an interview with two very educated people, making this video seem a bit on the boring side, and not very appealing. However, the content is very informational, so some may find it interesting.  
Technical Quality  
Visual/Sound elements: This video is presented with good sound and video quality. |