

## Topics supervised by Peter Gröpel

### Topic 1: Mechanisms of choking interventions

Choking under pressure describes suboptimal sport performance in stressful situations, such as missing a decisive penalty shot in soccer. Sport psychologists developed several effective choking interventions that help athletes to prevent choking (see Gröpel & Mesagno, 2019, for review). However, the exact mechanisms how these interventions work are less known. Why does a particular intervention work? In your master thesis, it is expected that you choose one particular choking intervention and tests its underlying psychological and/or physiological (HR, EDA, gaze behavior etc.) mechanisms.

Preparatory literature: Gröpel, P., & Mesagno, C. (2019). Choking interventions in sports: A systematic review. *International Review of Sport and Exercise Psychology*, 12, 176-201.  
<https://doi.org/10.1080/1750984X.2017.1408134>

### Topic 2: The role of self-motivation in endurance sports

Mental fatigue impairs endurance performance, but motivational strategies such as goal setting and self-talk can counteract and help maintaining effort (see McCormick et al., 2015, for review). Consequently, endurance athletes who are more able to self-motivate should be better in performance, be it the marathon finish time or the adherence to practice, than those less able to self-motivate. Also, endurance athletes should be generally higher in the self-motivation skill than athletes from strength or accuracy sports. In your master thesis, it is expected that you examine (one of) these notions.

Preparatory literature: McCormick, A., Meijen, C., & Marcora, S. (2015). Psychological determinants of whole-body endurance performance. *Sports Medicine*, 45(7), 997-1015.  
<https://doi.org/10.1007/s40279-015-0319-6>