

GL Synopsis: Mindfulness in Sports Performance

Mindfulness has gained more traction and limelight since COVID-19. However, some highly accomplished sportsman eg Novak Djokovic (Tennis) and Kobe Bryant (Basketball) have been practicing Mindfulness as part of their approach towards high performance in sports.

This GL project aims to allow students to:

- 1) explore the principles of Mindfulness practice
- 2) learn and adopt Mindfulness exercises
- 3) Observe changes in their sports performance with the introduction of Mindfulness practices in their life
- 4) initiate a campus project based on their findings

No. of students for GL: up to 3

Interested students may contact Ms Pang at senghui@tp.edu.sg for a preliminary discussion