



BETTER ATHLETES  
BETTER PEOPLE

# Joan Duda & the Mastery Approach

2000 Sydney Olympics

Joan Duda is a professor of Sport Psychology at the University of Birmingham, England, and Purdue University, Indiana. One of the giants in the world of sport psychology research, she is a member of PCA's National Advisory Board.

Dr. Duda and her colleagues studied 62 athletes - 34 women and 28 men – from Norway and Denmark who competed in 15 different sports in the 2000 Olympic Games in Sydney, Australia. They found that athletes who were coached in what PCA calls a mastery approach won significantly more medals than those coached in a scoreboard approach.

See: Duda, Joan L. "Achievement Goal Research in Sport: Pushing the Boundaries and Clarifying Some Misunderstandings," in *Advances in Motivation in Sport and Exercise*, G. Roberts (Ed.), Human Kinetics, Champaign, Illinois (2001).

and

Duda, Joan L., and Darren C. Treasure. "Toward Optimal Motivation in Sport: Fostering Athlete's Competence and Sense of Control," in *Applied Sport Psychology: Personal Growth to Peak Performance*, J.M. Williams (Ed.), Mayfield, Mountain View, California (2001).

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