

INNOVATIVE PROGRAMS:

Focused Warrior



In June 2008, the staff of the Danskin Center for Performance Enhancement at Counseling Services delivered to 22 Air Force ROTC cadets from across the United States a research and theory-based training in self-regulation of mental and physical arousal. Former Counseling Services interns, who had been trained in sports psychology and biofeedback at the Danskin Center, assisted with the self-regulation training. A standard sports psychology program for self-regulation of arousal in combat sports was used in conjunction with the cadets' daily training in modern combatives. Positive results for the cadets from the self-regulation training were seen in both their significant increase in knowledge about self-regulation and methods of regulation, and their improvement in controlling their heart rate and other physiologic systems. Approximately half of the cadets also participated in a study examining their B-B gun shooting proficiency and their control of various physiological responses. After receiving training on biofeedback, shooting proficiency significantly improved.

