

Brief Summary of Pilot Study

Although a profusion of evidence has demonstrated a link between religion, spirituality, and sports, the question of whether spiritual beliefs and/or faith correlate with actual performance in athletic activity remains open. Is more faith, for example, associated with increase athletic performance? Do athletes with a stronger sense of purpose perform better overall, as well as in critical moments of the sport? Are there particular sports where this may be more (or less) relevant? In general, is there a measurable relationship between faith/spiritual beliefs and athletic performance? In this study, we propose an to answer these questions using a qualitative, assessment-based approach. We will recruit participants from a listserv belonging to the Flow Research Collective (FRC). FRC is a research and training organization with a wide demographic audience of athletes.

We are using a preliminary questionnaire designed to address several points: level of faith, spiritual belief system, engagement in a particular sport, training, level at peak engagement, spiritual experiences during sport, etc. This survey will be the only instrument used in this first pilot study. We propose to target a small initial sample of athletes, either professional or semi-amateur, current or former.