

AI Use in Sport and Performance Psychology: The E3 Workshop Series

Discipline: Sport and Performance Psychology

Focus: Graduate, Workshop series, Ethics

Overview

Three workshops for master's students in sport psychology. Each follows the same format: **Education** (learn a tool), **Experimentation** (complete a task yourself, then have AI complete it), and **Evaluation** (compare the two products and discuss ethical concerns).

The three workshops

1. **Reading comprehension and synthesis (NotebookLM).** Students read two sport psychology articles and write a summary or compare-and-contrast, then upload the articles to a notebook and ask it to do the same.
2. **Case analysis (Claude).** Students analyze an athlete case study: relevant factors, questions to probe, and possible treatment strategies. They then give the same case to Claude.
3. **Content creation (Scite.ai, Microsoft Copilot).** Students either design a workshop for a sports team on a topic such as communication or conflict management, or write a short summary on goal-setting, self-talk, or emotional regulation. They then prompt AI to do the same task.

Discussions addressed athlete well-being, mental health data, and the integrity of original versus AI-generated work. A pre/post survey measured knowledge of AI tools, attitudes, confidence using AI, and confidence with ethical issues.

Tools

NotebookLM, Claude, Scite.ai, Microsoft Copilot

What the instructor observed

Graduate students were more skeptical than expected but open to learning where the tools could help.

Advice for colleagues

Start early and experiment with the tools yourself.

Adapting it

The do-it-yourself-then-compare format works for any core disciplinary task: summaries, case analyses, client materials, or presentations.

Materials

[Project files \(Google Drive\)](#).
