

CHECKLIST 6.2 **Selecting and Using Relaxation Training Exercises**

Rate yourself regarding the following statements:

	Consistently	Inconsistently	Never
I use these techniques in my class or with teams based on student, player, or participant needs.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I use relaxation exercises for younger participants.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I use relaxation exercises for older participants.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>