

## **Title: A Novel Approach for the Mental Readiness**

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A triathlete requires a multifaceted readiness to achieve success in competitive fields. Significant aspects of readiness are included physical, technical and mental. Of the factors, the mental factor has remained more obscure because by turning to all the existing references, no one has represented a comprehensive and structural definition about that yet. It is fascinating when scientists of sports science believe mental readiness is the most significant aspect in the competition field. To such an extent that in the Olympics, the highest level of sports competitions, the only way of obtaining the medal is mental readiness. After collecting the statistics of all the existing references, including more than 270 papers and books, extracting the vital parts, and an evidence-based analysis, a structural definition of mental readiness has been obtained. Mental readiness is a complicated collection comprised of several mental skills that leads to no incident to be able to decline the efficiency of the triathlete.

**Required Skills in the Definition.** The list of skills consists of more than 20 skills. Five skills, however, occupy 90% of it, in order of preferences: stress control, concentration control, Goal Setting, Imagery, and self-motivation.

Stress control indicates that an athlete is capable of raising and declining his level of excitement that of declining is more significant. It is found that “Diaphragmatic Breathing” is more practical than other techniques, Practical means more scientific despite the simplicity.

Concentration control indicates that an athlete is able to concentrate on whatever is necessary willingly and doesn't concentrate on unnecessary items. It is found that the “Scanning Technique” is more practical than other techniques of concentration.

Goal Setting indicates that an athlete learns how to define the final goal, short and long-time goals in the same direction to be able to have a plan to accomplish them. It is found that “SMARTIS Technique” is more practical than others.

Imagery. An athlete should be able to imagine clear, controllable, and movable pictures with all its movements and emotional details. The intended technique is making simple illustrations in making and adding emotions and other capabilities gradually.

Self-motivation indicates that an athlete can create positive motivational space consistently willingly. Also, it is found that “Positive Self-Talk” is more practical than others.

A triathlete who embodies these five skills of stress control, concentration control, goal setting, imagery and self-motivation at an acceptable level is ready in terms of psychology, practically. The skills can be learned with some special techniques. Acquiring these techniques and the way of their learning is necessary for the coaches.

## **Title The History of Military Sports in Mesopotamian Civilizations from Persian Empire to Now**

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In the past centuries, Iran has devoted top priority to physical education and sport activities amongst eastern civilizations. Iranians had realized the significance of body strength and health as an important factor in the formation of a brave and strong army. The endeavor to protect the country, which was perceived as the holy land based on Zoroastrian teachings, was mandating youth to pass intense military trainings which were shaped around sport and physical education. These military trainings were covering body skills and physical readiness in individual and group activities to qualify as a worthy soldier.

The importance of sports among Iranian can be found in literature, inherited sports and history. Wrestling, horse riding, being a moral hero and patriotism are the subjects of Shahnameh, the most famous epic work in Persian literature. Other than the epic works, the Persian wise authors have repeatedly recommended physical activities. Other than wrestling in the inherited sports; polo, chess, swimming, boating and archery are the precious souvenirs of Mesopotamian culture that were preparing Persians to have wise combats by having both individual and teamwork skills. Herodotus the great Greek historian mentions that Iranian children were instructed from their fifth to their twentieth year, in three things: to ride, to draw the bow and to speak the truth. Referring to honesty is aligned with the glorious culture of "Pahlevani" that means being a moral warrior; in which body strength and skill is admirable where it is accompanied by integrity and trustworthiness.

In this lecture an overview of the Mesopotamia and the position of sports in this great human civilization along with their military sports will be presented. In the end, a history of presence of Islamic Republic of Iran in CISM sport activities will be given.