

“SYNTHESIS PLAN” for the integration of information resources and personal intentions

Study	Main concerns	Sample	Method	Main findings	Personal comments
e.g. Festinger (2012)	Heart-rate during imagery	20 female athletes, age 22.35	Using computerised equipment	No changes in excitation. Changes in relaxation.	Short imagery sessions.

(Tenenbaum, G., Driscoll, M.P. (2005). *Methods of Research in sport Sciences*. Meyer & Meyer Sport.)