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

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