



Translating Cognitive Fitness Framework for Dual-use Application: A Performance-Focused Intervention for Athletes Affected by COVID-19 Disruption

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Mental Health
Models & Support Structures

CF2 bridges the gap between

"Performance Psychology"
Mental Skills Training

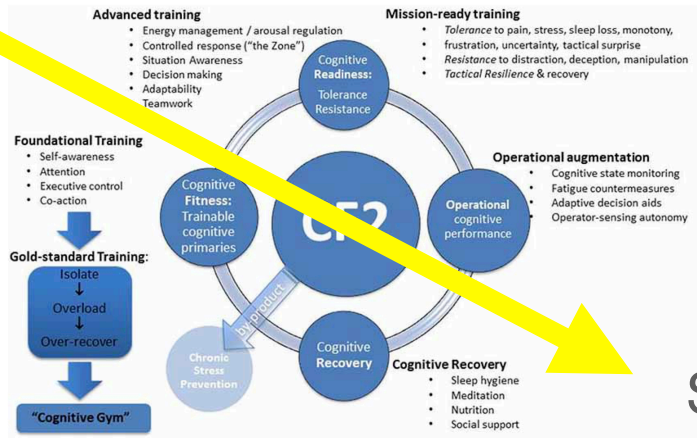
CF2 Requires Further
Development of
Paradigms & Protocols



CoSEP is the Expert Group
with Required Operational Knowledge
to Create CF2 Training Programs
and Protocols

Developing CF2 Paradigms & Protocols to Facilitate Dual - Use Application

Military



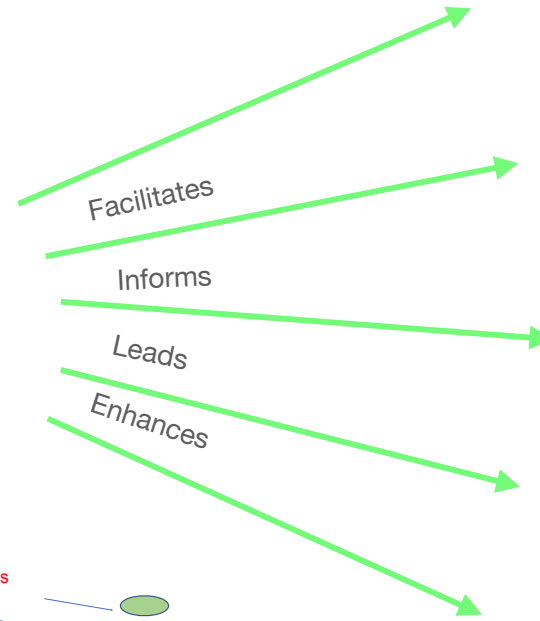
Performing Arts

Education

Business

Healthcare

Police & Emergency



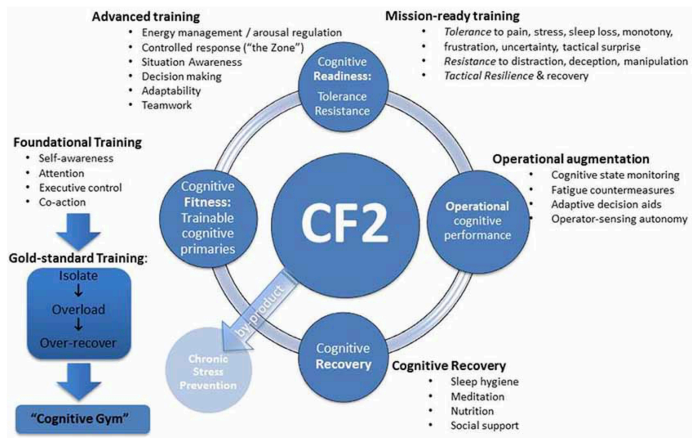
Sport



CF2 App



The CoSEP CF2 Project is producing Training Modules informed by the CF2 Paradigm



1 - Foundational Training

- 1.1 Self awareness
- 1.2 Attention
- 1.3 Executive control
- 1.4 Co-action

2 – Advanced Training

- 2.1 Energy management / arousal regulation
- 2.2 Controlled response “The Zone”
- 2.3 Situation Awareness
- 2.4 Decision Making
- 2.5 Adaptability
- 2.6 Team-Work

3- Cognitive Recovery

- 3.1 Sleep hygiene
- 3.2 Meditation
- 3.3 Nutrition
- 3.4 Social support

4 – Operational Augmentation

- 4.1 Cognitive state monitoring
- 4.2 Fatigue countermeasures
- 4.3 Adaptive decision aids
- 4.4 Operator sensing autonomy

5 – Mission- Ready Training

- 5.1 Tolerance to pain, stress, sleep loss, monotony
- 5.2 Frustration, uncertainty, tactical surprise
- 5.3 Resistance to distraction, deception, manipulation
- 5.4 Tactical resilience & recovery

CF2
Project

Module = Combination
of CF2 sub-factors

1.1, 1.3, 2.1, 2.2, 2.3, 2.5
“Composure”

4 Modules

Composure

Mind Set & Self-Belief

Recovery & Resilience

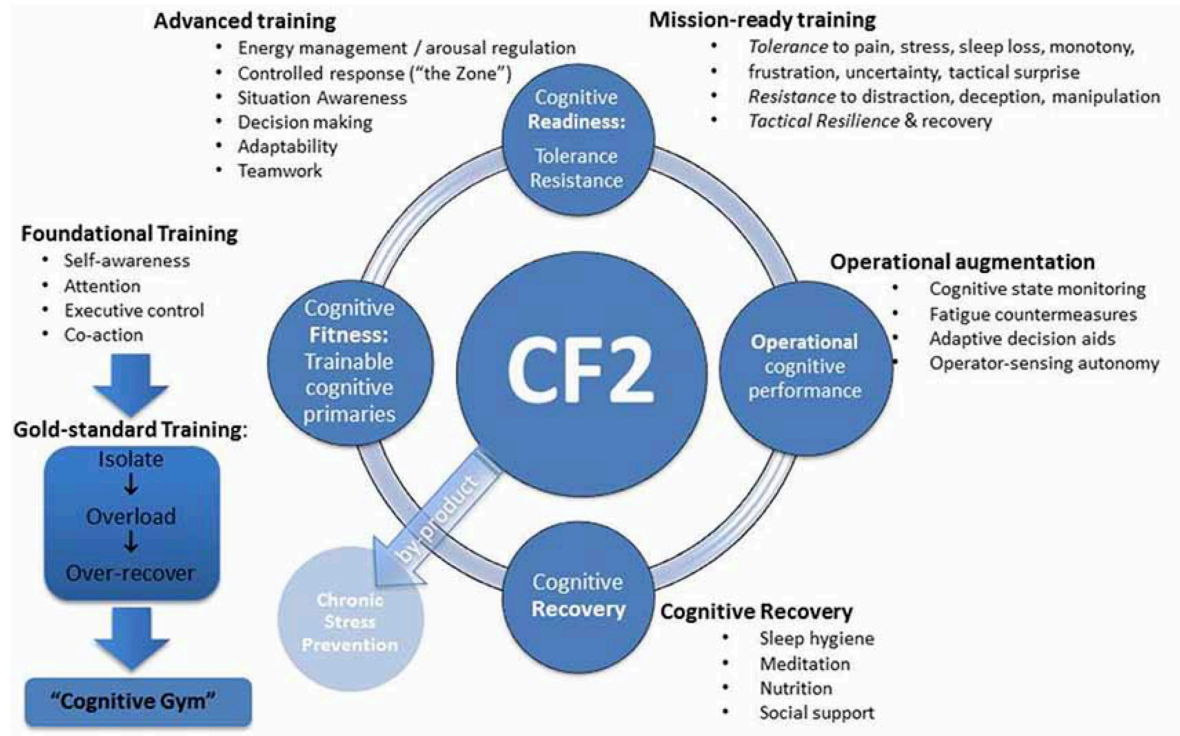
Mission Ready

Composure

CF2 Components Loading on Composure Module

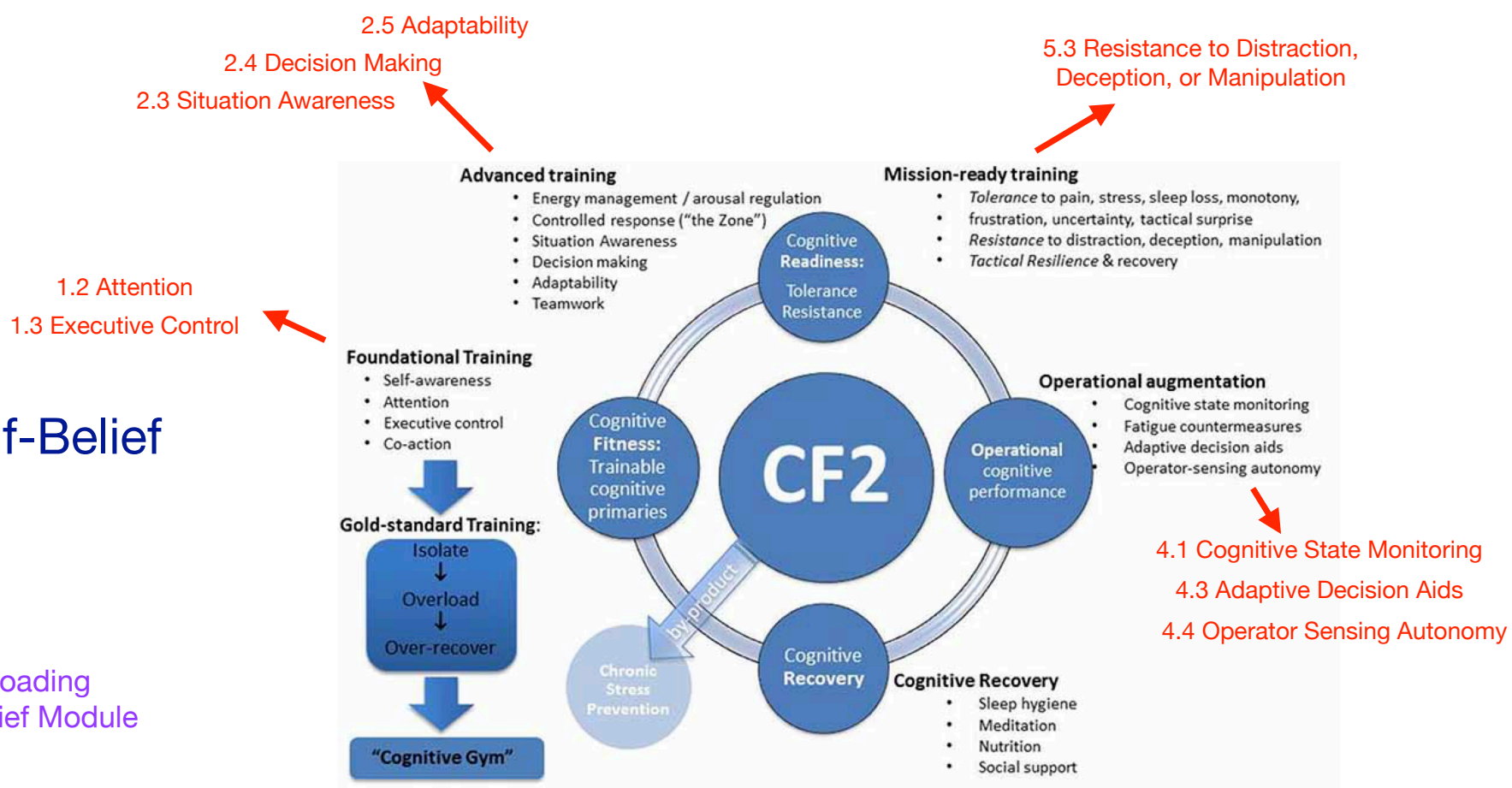
- 2.5 Adaptability
- 2.3 Situation Awareness
- 2.2 Controlled Response (the "Zone")
- 2.1 Energy Mgt / Arousal Regulation

- 1.1 Self Awareness
- 1.3 Executive Control



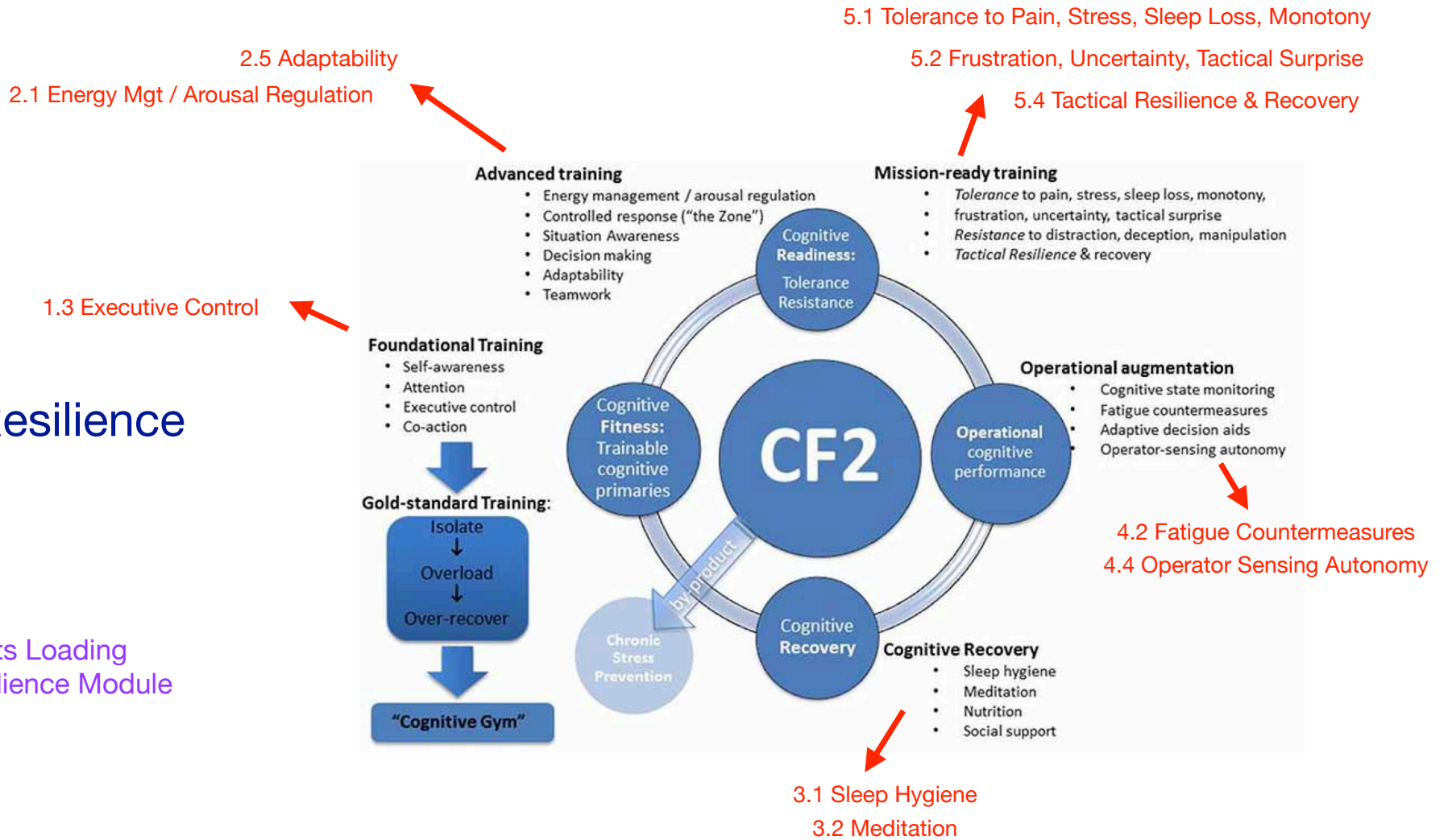
Mind-Set & Self-Belief

CF2 Components Loading on Mind-Set & Self-Belief Module



Recovery & Resilience

CF2 Components Loading on Recovery & Resilience Module



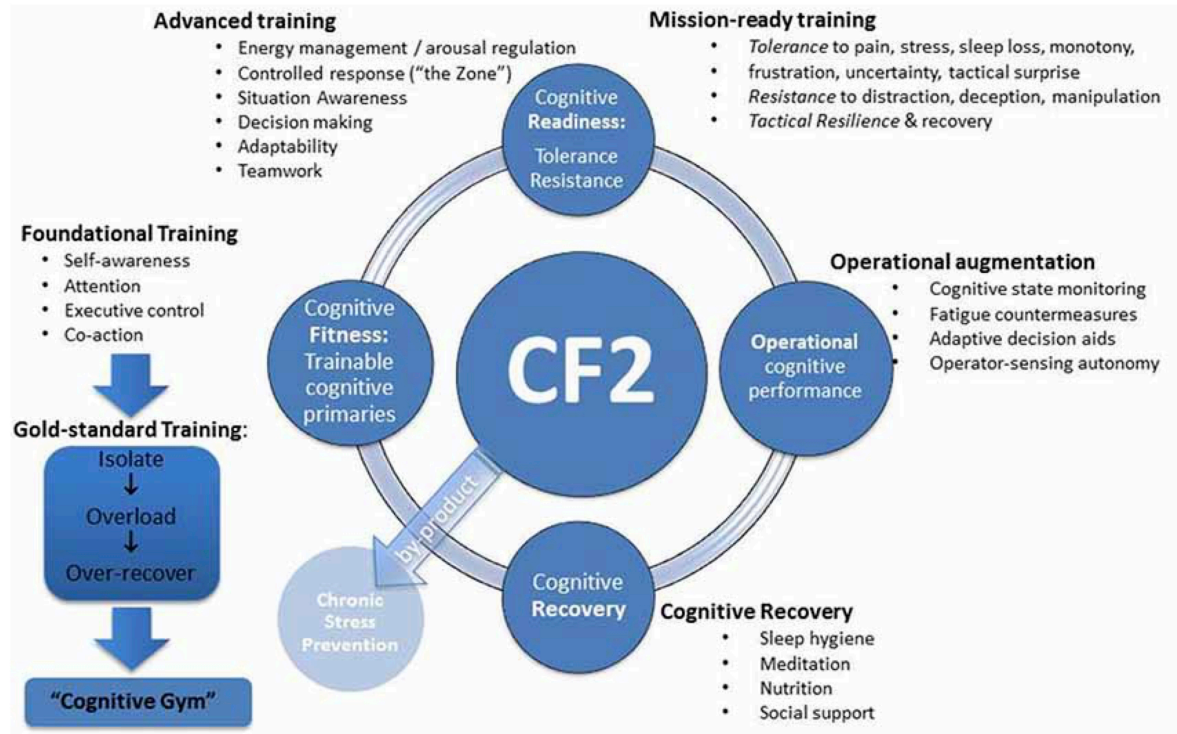
Composure
Mind Set & Self Belief
Resilience & Recovery

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- 5.1 Tolerance to Pain, Stress, Sleep Loss, Monotony
- 5.2 Frustration, Uncertainty, Tactical Surprise
- 5.3 Resistance to Distraction, Deception, Manipulation
- 5.4 Adaptability Tactical Resilience & Recovery

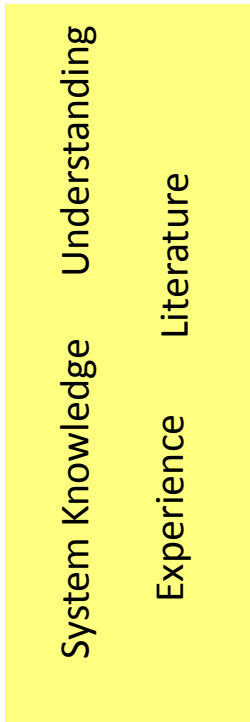


Mission Ready

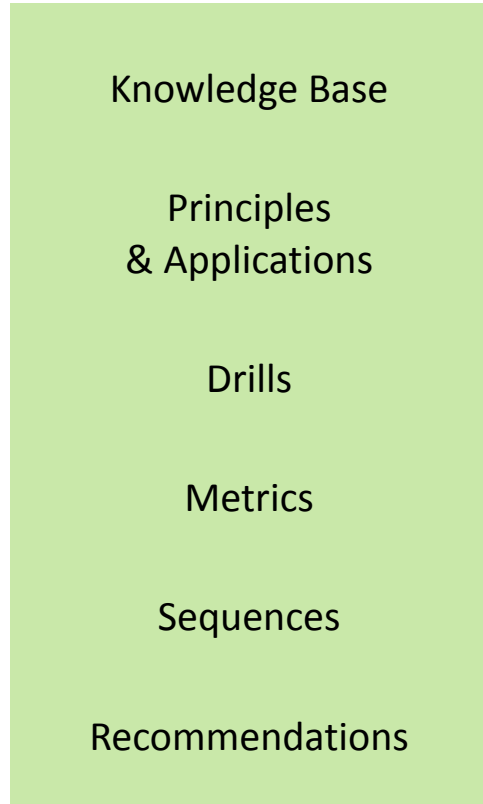


CF2 Components Loading
on Mission Ready Module

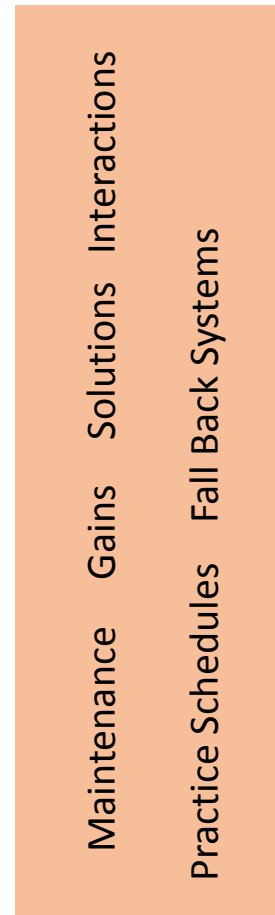
Research



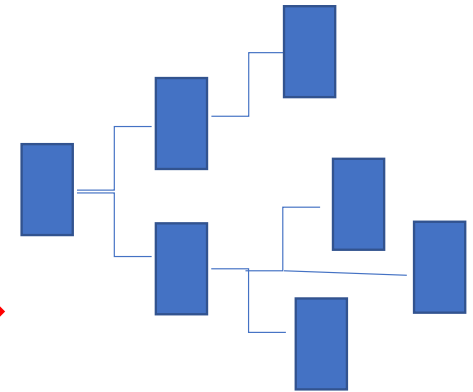
Create Modules



Integrate & Program



Situation Assessment
Programmed Training
Portable Support



CF2 App



Stand Alone Modules



Integrated System



Modules will address personal development in a range of performance skills and capabilities informed by the Cognitive Fitness Framework

CF2 Project will Inform

- Campaign preparation
- Athlete & Coach Professional Development
- Program Development
- Individual Readiness
- Assessment Programs
- Sequencing & Emphases in Training
- Focus in Training During Olympiad
- Athlete Stress Management
- Athlete Life Style Support

The CoSEP CF2 Project can deliver immediate value to a high-profile user group severely challenged in the current, highly unusual operating environment. It is also generating prototype Cognitive Gym modules for multiple applications and industries, and even for broader consumer application (e.g., school students challenged by remote learning). It represents a practitioner-led collaborative response to a high-profile crisis-affected industry that will potentially benefit and ease the burden on many other groups now and into the future.

CF2 App



Contemporary support system that will provide individualised support for performers from a range of complex and demanding operating environments