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Concepts are developed and supported by the research literature of sport psychology, and examples are provided of how these concepts can be applied in exercise and sport settings. This updated edition now includes research application associated with women, youth sport athletes, and disabled athletes when ever possible and appropriate.

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Sport Psychology: Concepts and Applications shows how concepts supported by current scientific research

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Applied sport psychology is concerned with the psychological factors that influence participation and performance in sport and exercise, the psychological effects derived from participation, and theories and interventions that can be used to enhance performance, participation, and personal growth.

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Sport Psychology: Concepts and Applications shows how concepts supported by current scientific research can be used to address issues and situations encountered everyday by physical activity specialists, coaches, athletic trainers, and athletes. This introduction to sport and exercise psychology addresses practical issues, such as dealing with anxiety, arousal, and stress; developing coping, relaxation, motivation, and energizing strategies; understanding the effects of an audience on human performance; building team cohesion; and preventing burnout and other negative effects.

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This book brings together world-class professionals to share theoretical understanding applied to sport, exercise and performance domains. It highlights how to be more effective in developing psychological skills, context and understanding for educators, students and professionals. From both academic and practitioner perspectives, this book takes readers through contextual understanding of this field of study and into a wide variety of important areas. Specifically, the chapters focus on the mind-body relationship and performance challenges, and on core mental skills applied across different sport, exercise and performance examples (including professional athletes, normal exercise populations and military service members). The final section expands the context into the role of relationships and performance in group settings to cover a broad practice of modern day applied performance psychology.

This edition provides revised coverage of important topics such as exercise behaviour, social physique, eating disorders and drug abuse, as well as new coverage of humanistic theory, and issues related to the psychology of optimal experience.

Covering the five psychological areas considered to have the most influence on athletic performance - motivation, confidence, intensity, focus and emotions - this work provides a comprehensive approach to sport psychology.

Psychology is an integral element of sport today, from the applied techniques of coaches and athletes, to the socio-psychological behaviour of sport fans. Sport and Exercise Psychology: The Key Concepts offers an introductory guide to the vocabulary of sport psychology, to its central theories and most important avenues of research, and to its application in sports performance. Modern and historical illustrations are used throughout the text, while an extensive bibliography and index ensure that the book is an indispensable research tool for any student of sport psychology.

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Beginning with a discussion of the issues in sports performance and behavior, it relates established concepts and processes from general psychology to important aspects of sports performance such as motivation, motor-learning and aggression. The application of these concepts is supported by examples and empirical evidence from the context of sport psychology itself. Makes a significant contribution to the continuing development of the field of sport psychology and further presents information of direct, practical use in coaching and monitoring sports performance.

This ground-breaking book is the first to provide a comprehensive overview of how organizational psychology can be used to understand and improve performance in elite sport. Using recent theoretical advances from this burgeoning area of research, each chapter offers key conceptual issues and practical insights across a range of topics. The book is structured into four constituent parts, Attitudes and emotions in sports organizations Stress and well-being in sports organizations Behaviors in sports organizations Environments in sports organizations Covering key areas such as attitudes to employment, conflict and change management, leadership, and relationships with the mass media, the book shines a spotlight on how organizational issues play a fundamental role in the experience of individuals and teams. In an era of ever-increasing professionalism in sport, the book provides an invaluable new perspective on performance at the elite level. Including contributions from an international range of academics and practitioners, it will be essential reading for any student or practitioners within sport and exercise psychology.

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