

Sport Psychology Concepts And Applications 7th Edition

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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 - Ebook written by Richard Cox. Read this book using Google Play Books app on your PC, android, iOS devices. Download for offline reading, highlight, bookmark or take notes while you read Sport Psychology: Concepts and Applications.

This new edition provides students with a solid foundation in the concepts of sport and exercise psychology and their application in exercise and sport settings. New texts now come packaged with PowerWeb: Health & Human Performance!

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.

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.

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 book presents an applied approach to sport psychology and is designed to enable students and coaches to understand key psychological tools. It gives a practical discussion of motivation, communication, stress management, mental imagery and other important topics.

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Written by an international team of expert contributors, this unique global and authoritative survey explores in full but accessible detail the basic constructs and concepts of modern sport and exercise psychology and their practical application. The book consists of 62 chapters, written by 144 contributors, deriving from 24 countries across the world. The chapters are arranged in nine cohesive sections: sport and exercise participants; the influence of environments on sport and exercise; motor skills; performance enhancement; building and leading teams; career, life skills and character development; health and well-being enhancement; clinical issues in sport psychology; and professional development and practice. Each chapter contains chapter summaries and objectives, learning aids, questions, exercises and references for further reading. Its comprehensive scale and global reach make this volume an essential companion for students, instructors and researchers in sport science, sport and exercise psychology, psychology, and physical education. It will also prove invaluable for coaches and health education practitioners.

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