Sport and Exercise Psychology. Practitioner Case Studies. BPS Textbooks in Psychology

Description: Sport and Exercise Psychology: Practitioner Case Studies focuses on the most current issues in the field, integrating research and practice to develop a coherent understanding of current knowledge, future research directions and applied implications within the field. This is the first book to include theory-based case studies for sport performance, exercise and skill acquisition in one publication. This text provides content that is directly applicable to those students wishing to enter the profession via various national accreditation schemes, in addition to providing chartered psychologists with a text that can directly inform their reflections of their own practice. Sport and Exercise Psychology is supported by an online learning environment that includes talking heads videos for each chapter, further resources, questions and links to relevant external materials.

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