Sport and Exercise Psychology Research

Description: Sport and Exercise Psychology Research: From Theory to Practice provides a comprehensive summary of new research in sport and exercise psychology from worldwide researchers. Encompassing theory, research, and applications, the book is split into several themed sections. Section 1 discusses basic antecedents to performance including fitness, practice, emotion, team dynamics, and more. Section 2 identifies factors influencing individual performance. Section 3 discusses applied sport psychology for athletes and coaches, and section 4 includes approaches from exercise psychology on motivation and well-being. The book includes a mix of award winning researchers from the European Sport Psychology Association, along with top researchers from the U.S. to bring an international overview to sport psychology.

- Includes international contributions from Europe and the U.S.
- Encompasses theory, research, and applications
- Includes sport psychology and exercise research
- Features applied information for use with coaches, teams, and elite athletes
- Identifies performance enhancers and inhibitors


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