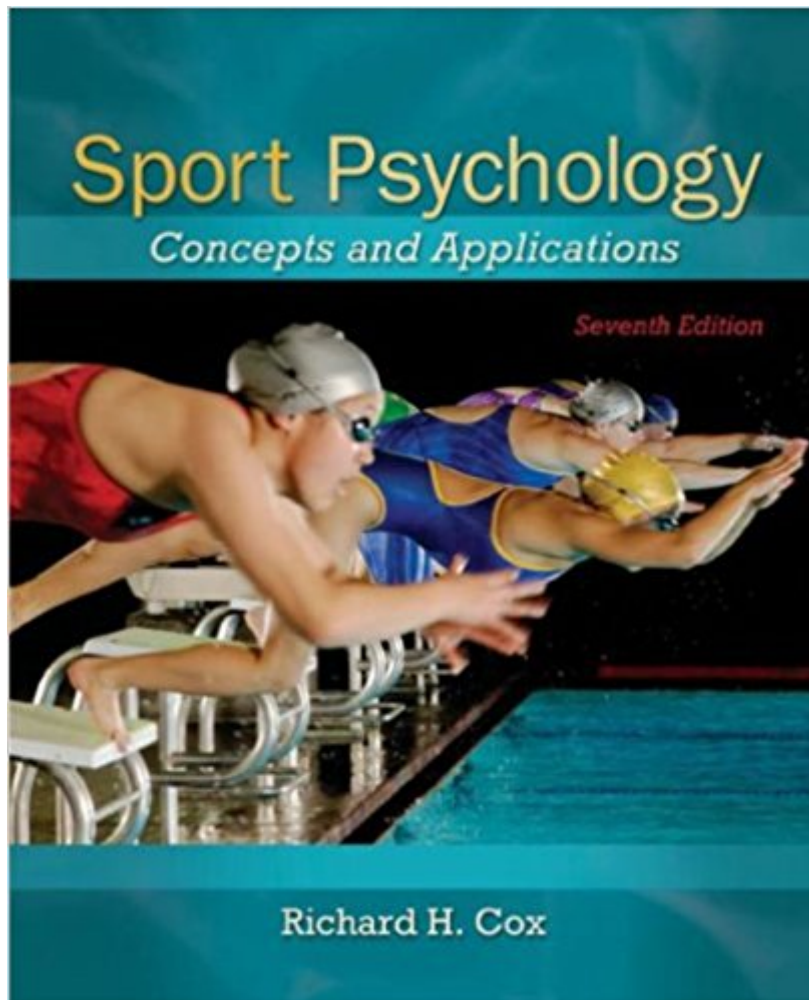




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Sport Psychology: Concepts And Applications



Synopsis

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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Customer Reviews

Very helpful book. I am a therapist in California and am taking additional training in sports psychology. This book is well written and easy to understand and apply techniques.

Quick delivery and product was discribed perfectly.

Great book and very informative. It got me through my Sports Psychology class and I learned a lot, more than I expected. It was great to be able to apply the concepts of this book to everyday life.

It's helping me with my class!!!

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Gives basic info of sports psychology, easy to read and comprehend. Way too expensive, but that goes for most college textbooks.

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