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Psychology in Contemporary Sport-Bryan J. Cratty 1989
Advances in Contemporary Sport Psychology-Robert J. Schinke 2014-01-01 I welcome you to the 2014 accepted writings of Athletic Insight. The ordering of papers does not match with the sequence in which they were released. Rather, I chose to do something a little different in this, my final year as Editor and Chief of Athletic Insight. What the reader finds in this most recent compendium of Athletic Insight writings is nineteen papers, beginning with the most recently accepted as parts of the Autumn, 2014 edition of the journal. Afterword, I included the remaining accepted papers so that they made the whole of the book more coherent to the readership. Briefly, there were a significant number of papers submitted to Athletic Insight from India, Pakistan, Iran, Iraq, Egypt, Sweden, Norway, the United States, Canada, and the United Kingdom. Several of these papers were screened out even before they were sent out to editorial board members or guest reviewers for a thorough evaluation. Those that were deemed acceptable were then farmed out to scholars well versed in the various topics submitted to the journal. The topics submitted spanned coaching, motor learning and sport psychology intersections, youth sport, elite amateur sport, professional sport, cultural sport psychology, and various aspects relating to exercise psychology. This diversity in subject matter conforms what I have always known that Athletic Insight is inclusive and open to a breadth of topics, critical scholarship, and emerging and contentious issues pertinent today within the sphere of sport and exercise psychology.

Advances in Applied Sport Psychology-Stephen Mellalieu 2008-12-10 Advances in Applied Sport Psychology aims to bridge the gap between research and practice in contemporary sport psychology. Now available in paperback, the book draws together reviews of cutting edge research in key areas of applied sport psychology, assesses the implications of this research for current practice, and explores future avenues of research within each thematic area. This book surveys the scientific literature underpinning the most important skills and techniques employed in sport psychology, examining key topics such as: imagery goal setting self-talk stress management team building efficacy management attention control.

Sport and Exercise Psychology-Aidan P. Moran 2004 Sport and exercise psychology is a rapidly expanding field both academically and professionally. Aidan Moran provides the first textbook to combine an explanation of the theoretical foundations of sport and exercise psychology with critical reviews of contemporary research and practical suggestions for relevant independent research projects. Arranged in four complementary parts, the book moves from a general discussion of the nature and role of sport psychology to explorations of individual, group and health factors affecting performance. Designed to encourage students to apply their psychological knowledge and critical thinking abilities, each chapter features a summary and boxed highlights containing questions to help students gain maximum understanding of the material.

The Psychology of Sports Coaching-Richard Thelwell 2016-07-15 This is the first book to offer a comprehensive review of current research in the psychology of sports coaching. It provides detailed, critical appraisals of the key psychological concepts behind the practice of sports coaching and engages with contemporary debates in this field. Organised around three main themes, it discusses factors affecting the coaching environment;
Fully revised and updated, the new edition covers key research findings affecting both participation and performance in sport, including topics such as motivation, mental coping, and team cohesion. In addition, the book includes a range of helpful features that bring the science to life, including critical thinking exercises, suggestions for student projects and new "In the spotlight" boxes that highlight key advances in theory or practice. A comprehensive glossary is also included, whilst a final chapter examines some new horizons in sport psychology, including the relationship between sport and Exercise Psychology. The book's sterling reputation in the field and provides advanced psychology students with a thorough examination and critical analysis of the current research in the psychology of physical activity. This revitalized text, known in its first three editions as Advances in Sport Psychology, uses a traditional textbook approach, appropriate for advanced classes, as opposed to an informal handbook style. Longtime editor and author Thelma Horn is joined by a new coeditor, Al Smith, as well as new and returning contributors (55 in all), including many of the most prolific researchers and scholars in the field. As the updated title indicates, this edition emphasizes exercise psychology constructs as well as sport psychology. The new edition highlights some of the career possibilities in health and wellness areas as well as some of the distinctions between sport and exercise psychology research. Further updates to this text include the following: • Nine new and heavily referenced chapters, including Family Influences on Active Free Play and Youth Sport, Leadership in Physical Activity Contexts, and Youth Talent Development • Refreshed theoretical and empirical data based on advances in the sport, exercise, and physical activity psychology field • Expanded topics in sport psychology, exercise psychology, mental health, physical activity and cognitive abilities, and health-based exercise motivation models • Contemporary interest areas in sport psychology, such as perfectionism, passion, self-presentation concerns, stereotype threat, psychopathology issues in sport and exercise, positive youth development, sport talent development, and psychological factors within specific populations The reorganized text is divided into seven parts. Part I provides an overview of the field in the psychology of physical activity. Part II examines characteristics of people that can affect their behavior and psychosocial well-being in sport, exercise, and physical activity contexts. In Part III, students learn about socioenvironmental factors that impinge on participants' behavior within social and professional sport and exercise activity domains. Part IV explores psychological factors that can affect behavior and performance in sport and physical activity settings. In Part V, students gain insights into the motivational models and theories regarding individuals' behavior in sport, exercise, and physical activity contexts. Part VI discusses the links between sport, physical activity, exercise, and health. Part VII analyzes some topics related to psychological processes. For instructors, Advances in Sport and Exercise Psychology includes an image bank that houses nearly all the tables and figures from the book. With its broad range of new and established content, its inclusion of exercise psychology constructs, and its addition of many new and bright voices, Advances in Sport and Exercise Psychology maintains the standard of excellence set by its preceding editions. Positive Psychology in Sport and Physical Activity-Abbe Brady 2017-10-16 Positive psychology (PP) is a fast-developing area of research that emphasizes personal growth and the positive qualities of life. This is the first book to apply the principles and practice of PP to sport and physical activity. In attempting to help people enjoy sport, sport psychology has paradoxically often focused on topics such as anxiety, stress and burnout. By contrast, this reader-friendly introduction to PP shows how it can improve sporting performance while also enhancing physical and mental well-being. Demonstrating the practical relevance of PP for all those who participate in sport and physical activity at any level, it covers a variety of topics including motivation and achievement, flow and optimal experience, appreciative inquiry for sport leaders, coaches and teachers gratitude, mindfulness, optimism and hope positive psychology coaching for sport leaders and practitioners character strengths, growth mindset and resilience. With expert contributors from around the globe, real-life case studies, practical exercises, and worked examples, this concise and comprehensive guide introduces the key concepts. It develops a key topic in sport psychology acting as a springboard for further reading and debate. A Critical Introduction to Sport Psychology is the definitive textbook for anyone wishing to engage critically with this fascinating idea. Advances in Sport and Exercise Psychology-Thelma S. Horn 2018-11-07 The fourth edition of Advances in Sport and Exercise Psychology retains the book's strong hold on the market. Longtime editor and author Thelma Horn is joined by a new coeditor, Al Smith, as well as new and returning contributors (55 in all), including many of the most prolific researchers and scholars in the field. As the updated title indicates, this edition emphasizes exercise psychology constructs as well as sport psychology. The new edition highlights some of the career possibilities in health and wellness areas as well as some of the distinctions between sport and exercise psychology research. 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