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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

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relationships and performance in group settings to cover a broad practice of modern day applied performance psychology.

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.

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



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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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provide a comprehensive overview of how organizational psychology can be used to understand and improve performance in elite sport. Using recent theoretical advances from this burgeoning area of research, each chapter offers key conceptual issues and practical insights across a range of topics. The book is structured into four constituent parts, Attitudes and emotions in sports organizations Stress and well-being in sports organizations Behaviors in sports organizations Environments in sports organizations Covering key areas such as attitudes to employment, conflict and change management, leadership, and relationships with the mass media, the book shines a spotlight on how organizational issues play a fundamental role in the experience of individuals and teams. In an era of ever-increasing professionalism in sport, the book

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provides an invaluable new perspective on performance at the elite level. Including contributions from an international range of academics and practitioners, it will be essential reading for any student or practitioners within sport and exercise psychology.

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Motivational book for all athletes.

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