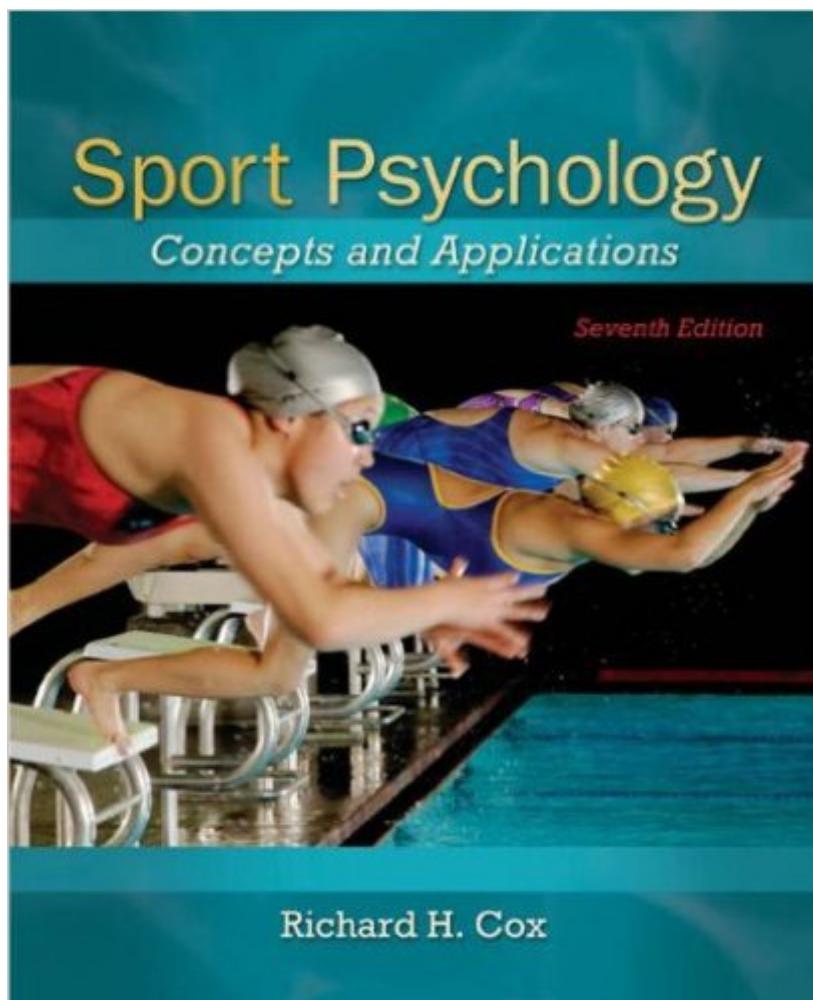


The book was found

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.

Book Information

File Size: 16060 KB

Print Length: 576 pages

Publisher: Humanities & Social Science; 7 edition (August 18, 2011)

Publication Date: August 18, 2011

Sold by: Digital Services LLC

Language: English

ASIN: B005HZARJC

Text-to-Speech: Not enabled

X-Ray: Not Enabled

Word Wise: Not Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #310,425 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #66 in Kindle Store > Kindle eBooks > Education & Teaching > Teacher Resources > Education Theory > Physical Education #82 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Counseling & Psychology > Forensic Psychology #113 in Kindle Store > Kindle eBooks > Nonfiction > Sports > Miscellaneous > Sports Psychology

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 described 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!!!

need to rent a new text book

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

[Download to continue reading...](#)

Psychology: Social Psychology: 69 Psychology Techniques to Influence and Control People with Communication Tricks, NLP, Hypnosis and more... (Psychology, ... NLP, Social Anxiety, Cognitive Psychology) Sport Psychology: Concepts and Applications Intermediate Algebra: Concepts & Applications (Bittinger Concepts & Applications) Sport Psychology Library: Bowling: The Handbook of Bowling Psychology The Physical Educator's Big Book of Sport Lead-Up Games: A complete K-8 sourcebook of team and lifetime sport activities for skill development, fitness and fun! Sport and the Law: Historical and Cultural Intersections (Sport, Culture & Society) Game Faces: Sport Celebrity and the Laws of Reputation (Sport and Society) Female Gladiators: Gender, Law, and Contact Sport in America (Sport and Society) Sport in the Making of Celtic Culture (Sport and Nation) Nutrition in Exercise and Sport, Third Edition (Nutrition in Exercise & Sport) Introduction to Sport Law With Case Studies in Sport Law 2nd Edition Science of Sport: Squash (The Science of Sport) Law in Sport: Concepts and Cases (Sports Management Library) Legal Concepts in Sport 3rd Edition: A Primer Crain, Theories of DevelopmentConcepts and Applications (Subscription): Concepts and Applications Foundations of Sport and Exercise Psychology With Web Study Guide-5th Edition Foundations of Sport and Exercise Psychology 6th Edition With Web Study Guide Applied Sport Psychology: Personal Growth to Peak Performance Sport Psychology Library: Gymnastics Concepts and Case Analysis in the Law of Contracts (Concepts and Insights)

[Dmca](#)