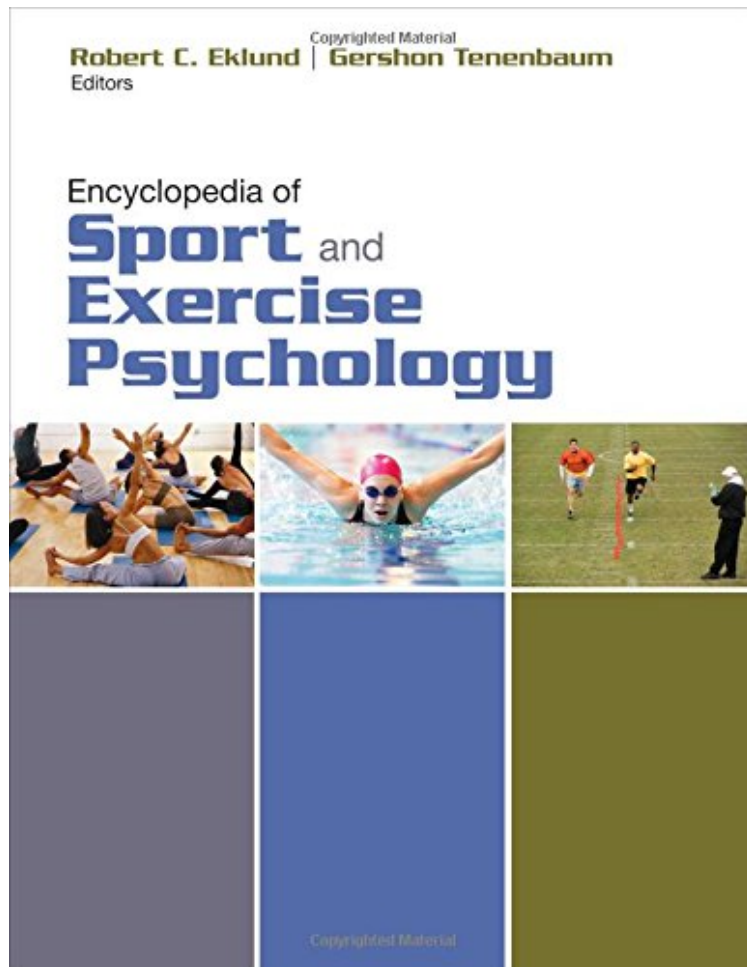


# Encyclopedia of Sport and Exercise Psychology

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#2942569 in Books 2014-01-21 Original language: English PDF # 2 11.25 x 3.50 x 9.251, 6.70 #File Name: 1452203830880 pages | File size: 67.Mb

**From SAGE Publications, Inc : Encyclopedia of Sport and Exercise Psychology** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Encyclopedia of Sport and Exercise Psychology:

How do athletes overcome fears, slumps, mental blocks, or injuries? How do they deal with stress and anxiety, be it from competitors, teammates, audiences, parents, coaches, or themselves? What psychological techniques prove effective in mental training for peak performance, maintaining concentration, motivation, and competitive drive? How can an athlete enhance his or her commitment to a training regimen, or how might the average person better adhere to a program of fitness and exercise? Readers will find answers to these questions and more in the Encyclopedia of Sport and Exercise Psychology. Features Benefits: Entries explore the theory, research, and application of psychology as it relates to sport and fitness in a manner that is accessible and jargon-free to help readers better understand human

behavior in sport and exercise settings. From personal factors to situational factors influencing performance to specific psychological techniques for enhancing performance, this work provides comprehensive coverage of the field via approximately 350 to 400 signed entries. Entries conclude with cross-references and suggestions for further readings to guide students further in their research journey. Available in print and online, this monumental work is edited by two leading figures in the field with a distinguished international Editorial Advisory Board to select and assign entries, ensuring authoritative content readers can trust.

From Booklist Plenty of books deal with sports, sport psychology, and exercise, but none put them all together in this format, focused on psychology. There are many psychological aspects of sports and exercise: achievement, team building, eating disorders, mental blocks, burnout, and personality traits, to name but a few. These topics and many more are examined in this work, which will be of particular interest to psychologists working in the field of sports and exercise as well as to athletes and coaches. There are also entries related to parents, children, and families that may be of interest to the general reader. An alphabetical list of entries is provided, along with a Readers Guide, which arranges entries by 18 broad topics, including Exercise Health, Group Dynamics, Motor Control, Personality and Psychological Characteristics in Sport, and Youth Sport. The signed entries explore the theory, research, and application of psychology as it relates to sports and fitness, with a brief description of the topic, a narrative and conclusion, see also references, and suggestions for further reading. There are no photographs, but there are a few black-and-white graphs and charts. This work is a good introduction to the wide variety of issues related to the psychological aspects of sports and exercise and is recommended for all colleges with sports, exercise, and psychology programs. --Rachael Elrod

..The editors have compiled an impressive array of topics, ranging from the general (e.g., "Conflict," "Race," "Perception") to the more specific (e.g., "Yips," "CALO-RE Taxonomy of Behavior Change Techniques"). Undergraduates and graduate students from institutions with programs in exercise or sport psychology will find this encyclopedia worthwhile. Summing Up: Recommended. Lower-division undergraduates through graduate students."--J.A. Badics "CHOICE" (07/01/2014)..The editors have compiled an impressive array of topics, ranging from the general (e.g., "Conflict," "Race," "Perception") to the more specific (e.g., "Yips," "CALO-RE Taxonomy of Behavior Change Techniques"). Undergraduates and graduate students from institutions with programs in exercise or sport psychology will find this encyclopedia worthwhile. Summing Up: Recommended. Lower-division undergraduates through graduate students."--J.A. Badics "CHOICE" (07/01/2014)...The editors have compiled an impressive array of topics, ranging from the general (e.g., -Conflict,- -Race,- -Perception-) to the more specific (e.g.,-Yips,- -CALO-RE Taxonomy of Behavior Change Techniques-). Undergraduates and graduate students from institutions with programs in exercise or sport psychology will find this encyclopedia worthwhile. Summing Up: Recommended. Lower-division undergraduates through graduate students.---J.A. Badics-CHOICE- (07/01/2014) "...The editors have compiled an impressive array of topics, ranging from the general (e.g., "Conflict," "Race," "Perception") to the more specific (e.g., "Yips," "CALO-RE Taxonomy of Behavior Change Techniques"). Undergraduates and graduate students from institutions with programs in exercise or sport psychology will find this encyclopedia worthwhile. Summing Up: Recommended. Lower-division undergraduates through graduate students." (J.A. Badics CHOICE 2014-07-01)