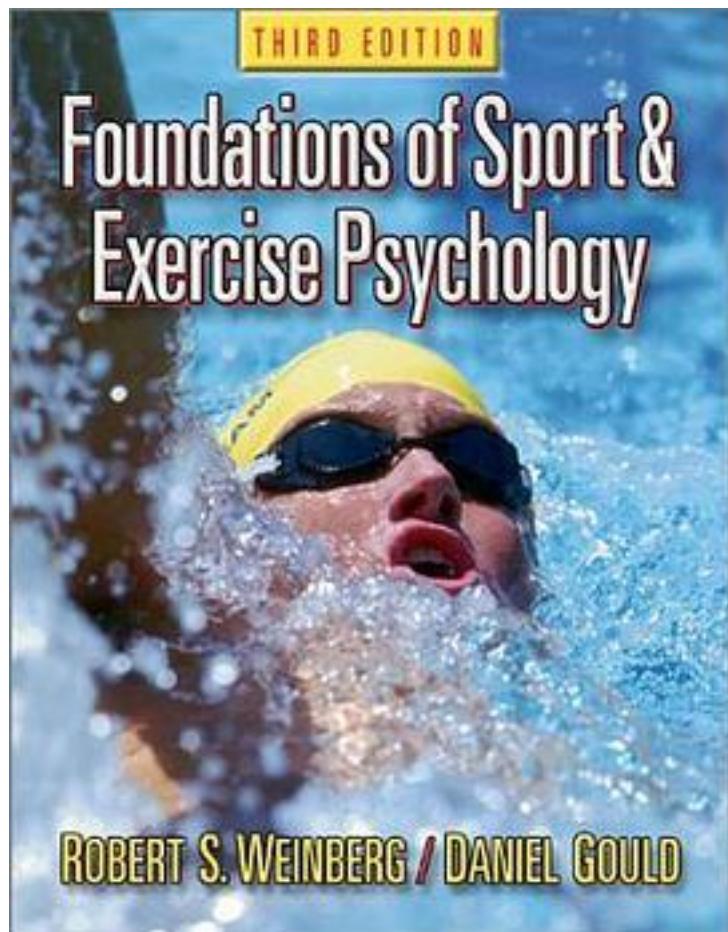


Foundations of Sport and Exercise Psychology



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In the newly revised and updated Foundations of Sport and Exercise Psychology, Third Edition, students and professionals will find a comprehensive array of information that bridges the gap between research and practice and captures the excitement of the

world of sport and exercise.

Authors Robert Weinberg and Daniel Gould have revised every chapter of the popular text, incorporating the latest research and practice in sport and exercise psychology. They combine contemporary practical examples, case studies, and anecdotes to help readers better understand different theories, concepts, and research. In-depth questions at the end of each chapter guide readers from research to practice and enable readers to think critically.

The first and second editions of the text set new standards for introductory textbooks; this edition raises the bar to an even higher level with new artwork, photos, and a fresh design, making the text an exceptionally rich learning resource and professional reference tool. Each chapter includes up-to-date information. The following are new features of this third edition

- Extensive material on motivation, social loafing, and group development
- Expanded coverage of leaders in sport, including information on expectations, values, beliefs, and behavioral guidelines for coaches
- Research on anxiety and team-energizing strategies
- Comprehensive data on hypnosis phases, techniques, and their effects
- Details on the use of imagery in sport
- An entire section on goal mapping
- Updated information on eating disorders in sport
- A comprehensive section on exercise addiction
- Material on sport aggression, moral development, cooperation, and gender differences in competition

The seven-part text is organized in an easy-to-follow format that allows for quick topical searches. Key points are highlighted throughout to help readers identify the most important ideas. Special elements such as case studies, new research procedures and findings, and sample questionnaires and application procedures also enhance reader understanding.

Part I, "Getting Started," introduces the main ways knowledge is gained in sport psychology. It emphasizes the importance of teaming scientific and practical knowledge to better help students, athletes, and exercise enthusiasts.

Part II, "Understanding Participants," focuses on personal factors (such as personality characteristics, individual orientations, and emotions) that affect performance and psychological development in sport, physical education, and exercise settings.

Part III, "Understanding Sport and Exercise Environments," examines the situational factors that influence behavior in sport, physical education, and exercise settings.

Part IV, "Understanding Group Processes," outlines information on group interaction.

Part V, "Enhancing Performance," details the progress that has been made with psychological techniques to help people perform more effectively.

Part VI, "Enhancing Health and Well-Being," reviews the roles that psychological factors play in health, exercise, and wellness.

Part VII, "Facilitating Psychological Growth and Development," examines psychological development and well-being topics that are important to both society and sport and exercise psychology, such as children in sport, aggression in sport, and moral development and sportsmanship.

Foundations of Sport and Exercise Psychology, third edition, expertly captures the intrigue and excitement of the field while explaining basic concepts and principles. It shows how these concepts and principles can be applied to counseling, teaching, coaching, sports medicine, and fitness instruction. This completely updated text will help students and practitioners improve their comprehension and knowledge of the field of sport psychology.

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