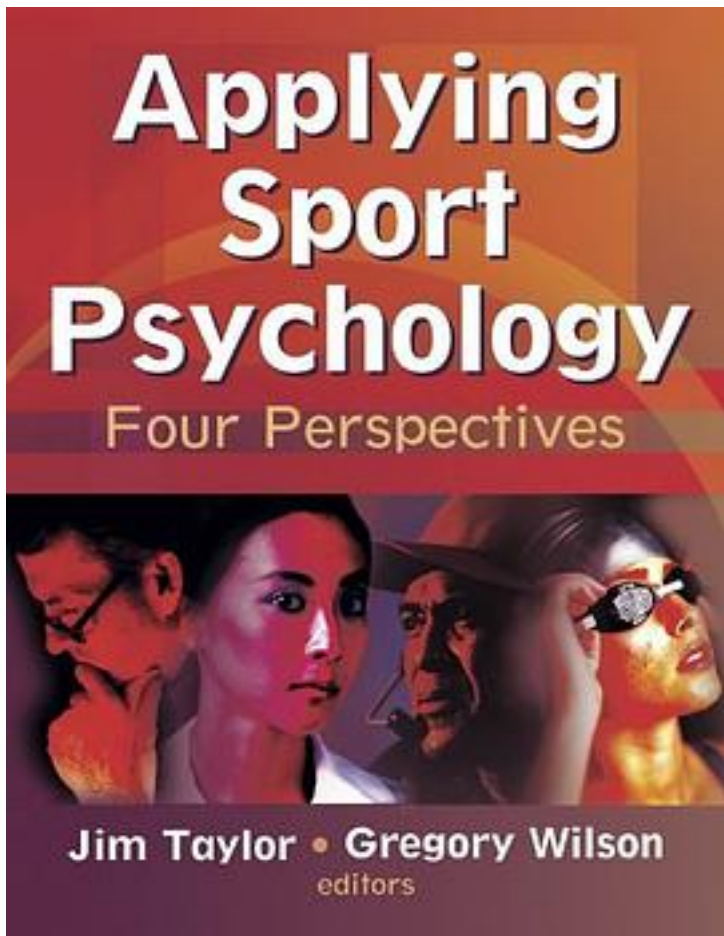


# Applying Sport Psychology



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Aimed at students, researchers and practitioners in sport psychology, as well as coaches and athletes. An accomplished researcher and consultant provide the background in each chapter by summarising research, tools and current debates.

Throughout each chapter, an elite coach and athlete offer practical observations on psychological techniques. Covers the five psychological areas considered to have the most influence on athletic performance: motivation, confidence, intensity, focus and emotions. Examines the value of psychological assessment in athletic preparation and performance. Discusses the serious psychological challenges posed by injuries, eating disorders, substance abuse and career transition. Integrates research findings with practical experience to provide an overview of intervention knowledge and strategies aimed at enhancing sport performance.

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