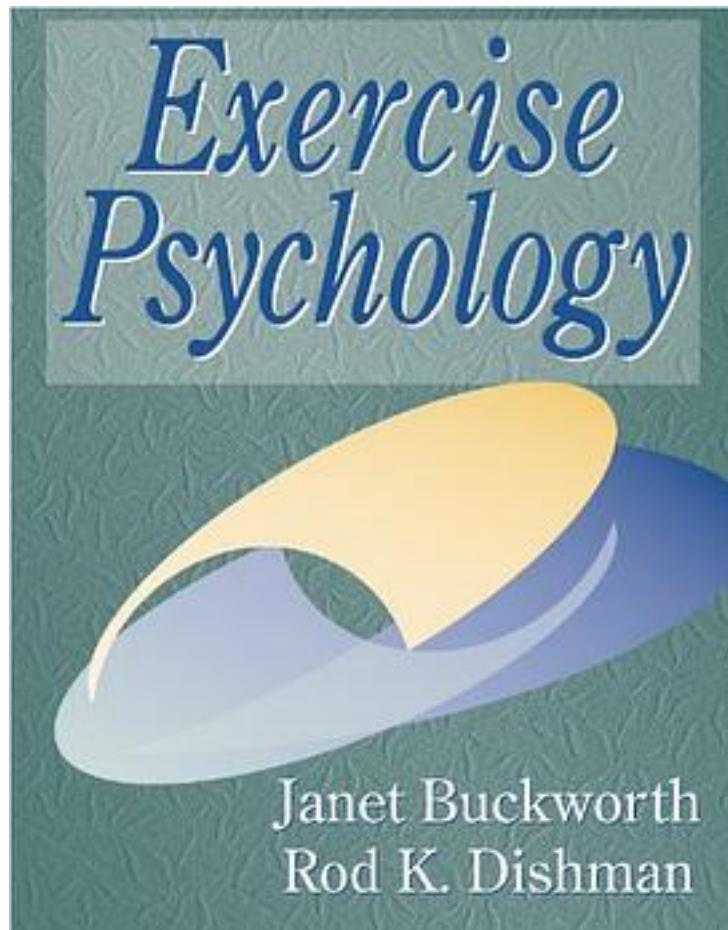


Exercise Psychology



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The major purpose of this text is to provide students and professionals with an in-depth examination of the relationship between exercise and psychological constructs. Information is presented from a wide variety of disciplines, including

neuroscience and public health. Case studies help readers to better understand the application of psychological constructs in exercise settings. This is an excellent text for all levels of study and a vital resource for professionals. Key features are: chapters on both the effects of exercise and adherence to exercise; multiple disciplines are integrated to provide wider understanding; and clear case studies and key points to explain all concepts covered in the book.

作者介绍:

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