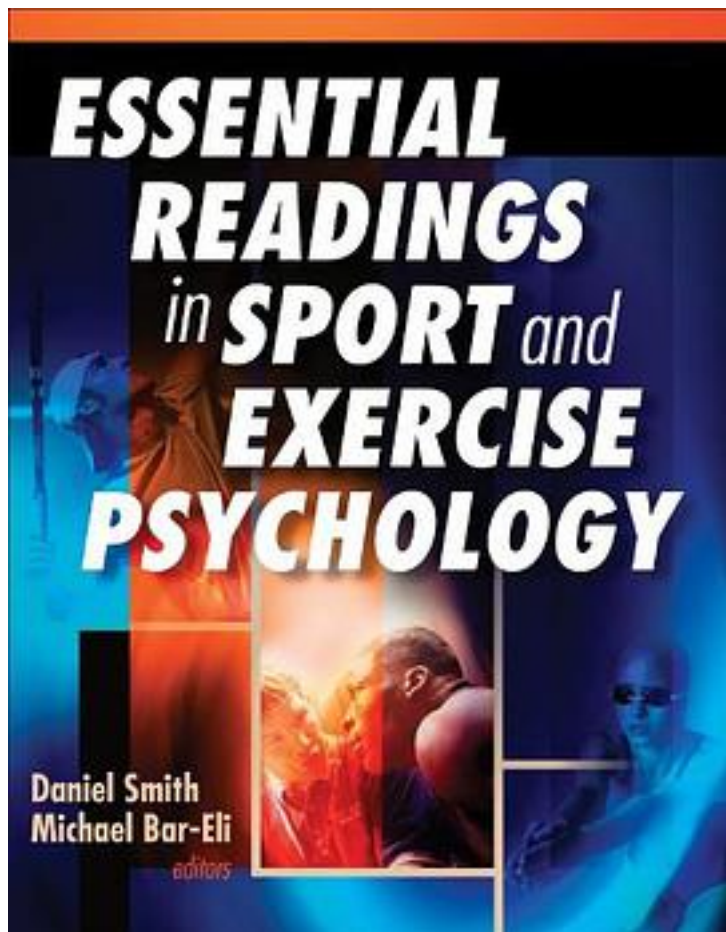


# Essential Readings in Sport and Exercise Psychology



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Here in one volume is a collection of 50 of the most influential articles ever produced in the century-old field of sport and exercise psychology. This book presents those

interested in the development of the subdiscipline with an excellent place to begin debates. Students in the field will get a great background for their future studies, including a chance to review research by the field's biggest names and learn how different lines of study have evolved over time. Experienced scholars and practitioners will appreciate the ease of having these seminal articles all in one place as an essential reference. The book is excellent as an alternative to course packs, as a primary text for seminars and discussion-oriented courses and as a supplement to both applied and theoretical courses. The editors have abridged articles to ensure that the essential themes are covered but without extraneous explanation of concepts that may be covered by multiple articles. This is a primary text for courses in sport and exercise psychology and as a supplemental text in undergraduate and graduate courses in sport and exercise psychology.

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