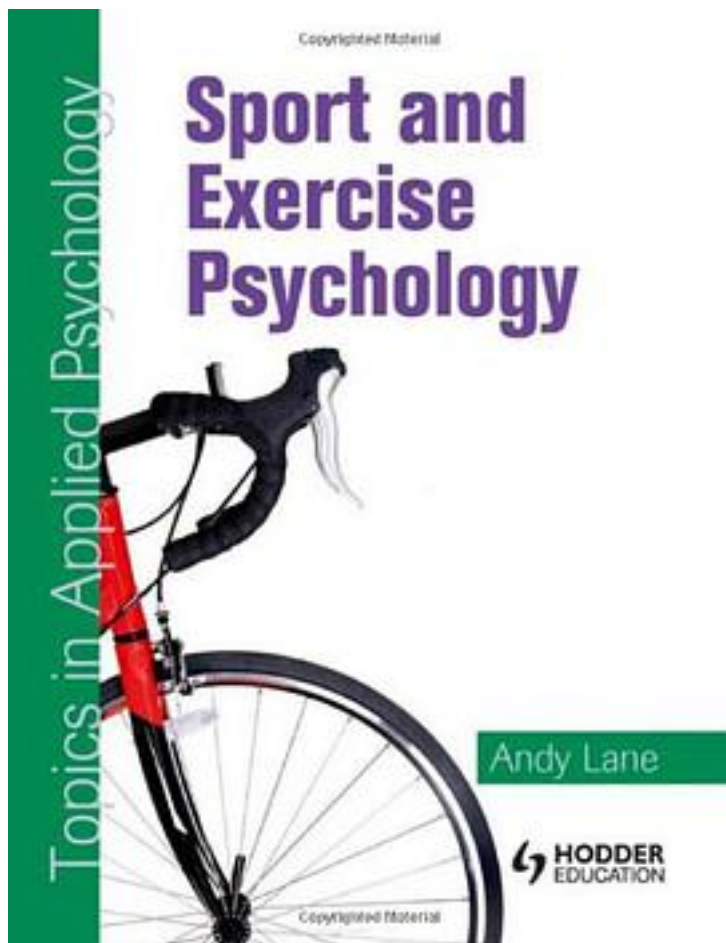


Sport and Exercise Psychology



[Sport and Exercise Psychology_ 下载链接1_](#)

著者:Cashmore, Ellis

出版者:

出版时间:2008-5

装帧:

isbn:9780415438667

Now including exercise psychology terms for the first time in its second edition, Sport and Exercise Psychology: The Key Concepts offers a highly accessible introduction to this fascinating subject, its central theories and state-of-the-art research. Over 300

alphabetically-ordered entries cover such diverse terms as: adherence aggression emotion exercise dependence home advantage kinesiphobia left-handedness motivation retirement self-confidence. Cross-referenced, with suggestions for further reading and a full index, this latest key guide contains invaluable advice on the psychology of sport and exercise. A comprehensive A-Z guide to a fast-moving field of inquiry, this book is an essential resource for scholars, coaches, trainers, journalists, competitors, exercisers; in fact anyone associated with sport and exercise.

作者介绍:

目录:

[Sport and Exercise Psychology_ 下载链接1_](#)

标签

评论

[Sport and Exercise Psychology_ 下载链接1_](#)

书评

[Sport and Exercise Psychology_ 下载链接1_](#)