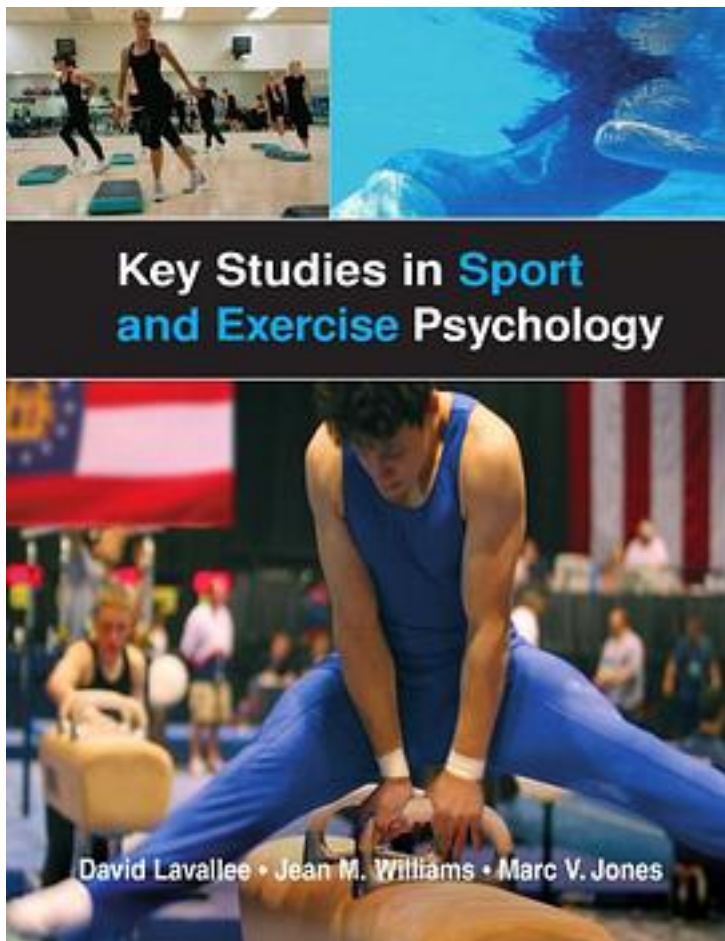


Key Studies in Sport and Exercise Psychology



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"Key Studies in Sport and Exercise Psychology" provides readers with a volume that examines in depth some of the most important and influential studies in sport and

exercise psychology. Extensive examination of such studies has been historically difficult to achieve in general textbooks in the field. Also, students often wish to learn more about a particular article than textbooks offer or teachers provide in classroom settings. Invariably, interested readers are required to search for the original publication from other sources, which can be time-consuming. By bringing together a selection of important readings in sport and exercise psychology, this book fills a major gap in the academic literature. Each of the book's 23 chapters includes a framework makes the most efficient use of the material originally published. A Background and Context section is initially provided in order to put the study into a theoretical, practical, and historical context. This is followed by an abridged version of the Key Study, itself. A Subsequent Research and Application section concludes each chapter and focuses on research developed since the original study was published, as well as relevant theoretical, methodological, and applied issues. A list of additional readings is provided in each chapter, along with study questions to stimulate readers to think critically about any theoretical, methodological, statistical, and ethical features of the studies.

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