

SPORT PSYCHOLOGY

CONTEMPORARY THEMES

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Sport Psychology is an essential introduction to the field's key issues, suitable for psychology, sport science and sport studies students at all levels. Encompassing the history of sport psychology to more recent distinctions between sport and exercise psychology, it is ideal reading for students looking to learn about issues such as motivation, concentration and anxiety and the connection between physical activity and psychological well-being. This new edition provides updated case studies, guidance on further reading, study questions and brand new content on self-harm in sport and metaimagery. Real-life examples put the theory into practice, and the authors' focus on the freshest theories shows how the discipline has evolved in recent years.

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