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Key Concepts in Sport Psychology

JOHN KREMER, AIDAN MORAN,
GRAHAM WALKER AND CATHY CRAIG



Sport Psychology Key Concepts

Michael Atkinson



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Key Concepts in Sport Psychology John Kremer, Aidan Moran, Graham Walker, Cathy Craig, 2011-10-26 An excellent text to offer more depth on theories and concepts within Sports Psychology and provide learners with a greater understanding of current psychological theories The text helps in enforcing knowledge gained and also provides a plethora of references for further reading around any of the chapters covered within the text John Harrison Tyne Metropolitan College This book provides a good introduction to sports psychology and enables students to obtain a basic understanding of the key concepts I will recommend this book to my level 4 students Marie Robbins Grimsby Institute of Further and Higher Education Provided an excellent synthesis of key topics in sport psychology The content draws upon leaders in the field both from a research and applied sport psychology perspective Andrew Baldson Canterbury Christ Church University This book provides a focused accurate guide for students working within the dynamic field of sport psychology The concise and authoritative entries have been selected by experienced teachers and researchers each one defines explains and develops a key topic in sport psychology acting as a springboard for further reading and debate This is a stimulating and practical resource for students defined by the clarity of writing and relevant examples Each concept gives the student clear definitions up to date suggestions for further reading careful cross referencing Easy to use and intelligently judged this book offers the modern student the basic materials tools and guidance for planning essays and passing exams *Sport Psychology* Ellis Cashmore, Ernest Cashmore, 2002 Sport psychology is no longer just an academic subject it is a discipline studied and applied by all those associated with sport whether athletes coaches journalists or fans This text concerns key topics in the field of sport psychology Sport Psychology : the Key Concepts Ernest Ellis Cashmore, 2002 **Sport and Exercise Psychology: The Key Concepts** Ellis Cashmore, 2008-06-03 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 **Key Concepts in Sport Psychology** ,2012 Concise and lively student introduction to sport psychology from a team of experienced teachers and researchers *Sport and Exercise Psychology: The Key Concepts* Ellis Cashmore, 2006-02-06 Psychology is an integral element of sport today from the applied techniques of coaches and athletes to the socio psychological behaviour of sport fans Sport and Exercise Psychology The Key Concepts offers an introductory guide to the vocabulary of sport psychology to its central theories and most important avenues of research and to its

application in sports performance Modern and historical illustrations are used throughout the text while an extensive bibliography and index ensure that the book is an indispensable research tool for any student of sport psychology Key Ideas In Sports Psychology Prof. Sarita Tyagi, Whether you re an athlete coach student or sports enthusiast understanding the mental side of performance is crucial Key Ideas in Sports Psychology is a concise practical guide to the core psychological principles that drive success in sports From motivation and focus to stress management and team dynamics this resource breaks down complex theories into clear actionable insights Learn how elite performers think prepare and recover and how you can apply these techniques to enhance your own performance or support others **Routledge**

Companion to Sport and Exercise Psychology Athanasios Papaioannou, Dieter Hackfort, 2014-03-26 Written by an international team of expert contributors this unique global and authoritative survey explores in full but accessible detail the basic constructs and concepts of modern sport and exercise psychology and their practical application The book consists of 62 chapters written by 144 contributors deriving from 24 countries across the world The chapters are arranged in nine cohesive sections sport and exercise participants the influence of environments on sport and exercise motor skills performance enhancement building and leading teams career life skills and character development health and well being enhancement clinical issues in sport psychology and professional development and practice Each chapter contains chapter summaries and objectives learning aids questions exercises and references for further reading Its comprehensive scale and global reach make this volume an essential companion for students instructors and researchers in sport science sport and exercise psychology psychology and physical education It will also prove invaluable for coaches and health education practitioners **Sport and Physical Education: The Key Concepts** Tim Chandler, Mike Cronin, 2002-09-11 First published in 2002 Routledge is an imprint of Taylor Francis an informa company

Key Concepts in Sport and Exercise Research Methods Michael Atkinson, 2011-11-10 What a helpful book This will be a friend to many undergraduate students looking for clarification Helen Hazelwood St Mary s University College This is a great book that really helps the students understand research and the complex processes that can often daunt even the most intelligent students Phil Barter Middlesex University Few can bring research methods to life like Mike Atkinson His breadth of research interests and experience mean he can introduce you to all you need to know and inspire you to get down to doing some research yourself Dominic Malcolm Loughborough University This book systematically demonstrates the significance and application of research methods in plain language Written for students it contains the core methodological concepts practices and debates they need to understand and apply research methods within the field of sport and exercise It provides a comprehensive panoramic introduction which will reassure and empower students Written by a leading academic and drawing on years of teaching experience it includes carefully cross referenced entries which critically engage with interdisciplinary themes and data Each concept includes clear definitions suggestions for further reading comprehensive examples practical applications Pragmatic

lucid and concise the book will provide essential support to students in sports studies sport development sport and exercise science kinesiology and health **Making Sense of Sports** Ellis Cashmore,2010 This book looks at sport not just as recreation but as an integral part of contemporary culture with connections to industry commerce and politics It explores the history and theories of sport and touches on more controversial issues **Fifty Major Political Thinkers** Ian Adams,R.W. Dyson,2004-03-01 Fifty Major Political Thinkers introduces the lives and ideas of some of the most influential figures in Western political thought from ancient Greece to the present day The entries provide a fascinating introduction to the major figures and schools of thought that have shaped contemporary politics including Aristotle Simone de Beauvoir Michel Foucault Mohandas Gandhi Jurgen Habermas Machiavelli Karl Marx Thomas Paine Jean Jacques Rousseau Mary Wollstonecraft Fully cross referenced and including a glossary of theoretical terms this wide ranging and accessible book is essential reading for anyone with an interest in the evolution and history of contemporary political thought **Sport and Exercise Psychology: The Key Concepts** Ellis Cashmore,2002-05-09 Psychology is an integral element of sport today from the applied techniques of coaches and athletes to the socio psychological behaviour of sport fans Sport and Exercise Psychology The Key Concepts offers an introductory guide to the vocabulary of sport psychology to its central theories and most important avenues of research and to its application in sports performance Modern and historical illustrations are used throughout the text while an extensive bibliography and index ensure that the book is an indispensable research tool for any student of sport psychology **Key Concepts in Sport and Exercise Sciences** David Kirk,Carlton Cooke,Anne Flintoff,Jim McKenna,2008-11-03 A very useful introduction to the key concepts in five main areas of study in sport and exercise science The multi disciplinary nature of the book is particularly attractive as it means that it can be used to support students studying a range of sport and exercise courses and modules Furthermore the chapters are concise informative written in an accessible style and provide a good balance between theory and application to practice making it a very interesting and relevant read Dr Lorraine Cale Loughborough University This book provides students and scholars with a fail safe guide to the key concepts in the field of Sport Exercise Science Intelligently cross referenced entries provide a sound map of the multi disciplinary demands of sport related courses including physical and biological sciences social science and education The entries use clear definitions examples and suggestions for further reading to explore each discipline and are Comprehensive Lucid Pertinent to study needs Practically relevant David Kirk is Professor in Physical Education and Youth Sport Carlton Cooke is Professor in Physical Education Anne Flintoff is Reader in Physical Education Jim McKenna is Professor in Physical Activity and Health All at the Carnegie Faculty of Sport and Education Leeds Metropolitan University **Handbook of Sport Psychology** Gershon Tenenbaum,Robert C. Eklund,2007-10-05 Endorsed by the International Society of Sport Psychology this classic reference draws on an international roster of experts and scholars in the field who have assembled state of the art knowledge into this thorough well rounded and accessible volume It is completely updated to reflect the latest

research and is an indispensable resource for any student or professional interested in the field of sport psychology **The Biophysical Foundations of Human Movement** Bruce Abernethy, 2005 Introduces each of the major biophysical subdisciplines of kinesiology including biomechanics exercise physiology motor control and sport and exercise psychology Chapters describe each subdiscipline s basic methods and concepts typical research questions interpretations of lifespan changes and adaptations to training key historical developments and professional training and organizations Also included are brief reports of exemplary research studies from around the world as well as some web sites and list servers that focus on relevant topics in human movement studies Annotation copyrighted by Book News Inc Portland OR

Sports Science Handbook: I-Z Simon P. R. Jenkins, 2005 A valuable reference source for professionals and academics in this field this is an encyclopedia dictionary of the many scientific and technical terms now encountered in kinesiology and exercise science

The Psychology of Sports Coaching Richard Thelwell, Chris Harwood, Iain Greenlees, 2016-07-15 This is the first book to offer a comprehensive review of current research in the psychology of sports coaching It provides detailed critical appraisals of the key psychological concepts behind the practice of sports coaching and engages with contemporary debates in this field Organised around three main themes it discusses factors affecting the coaching environment methods for enhancing coach performance and how to put theory into practice through coaching work Written by an international team of researchers and practitioners at the cutting edge of psychology and coaching each chapter introduces a key concept defines key terms provides a comprehensive literature review and considers implications for future research and applied practice Encompassing the latest developments in the field it addresses topics such as the theory behind effective coaching creating performance environments promoting psychological well being developing resilience through coaching transformational leadership and the role of the coach The Psychology of Sports Coaching Research and Practice is an indispensable resource for sport psychologists and sports coaches and is essential reading for all students and academics researching sport psychology

Gender Relations in Sport Emily A. Roper, 2014-01-06 Designed primarily as a textbook for upper division undergraduate courses in gender and sport gender issues sport sociology cultural sport studies and women s studies Gender Relations in Sport provides a comprehensive examination of the intersecting themes and concepts surrounding the study of gender and sport The 16 contributors leading scholars from sport studies present key issues current research perspectives and theoretical developments within nine sub areas of gender and sport Gender and sport participation Theories of gender and sport Gender and sport media Sexual identity and sport Intersections of race ethnicity and gender in sport Framing Title IX policy using conceptual metaphors Studying the athletic body Sexual harassment and abuse in sport Historical developments and current issues from a European perspective The intersecting themes and concepts across chapters are also accentuated Such a publication provides access to the study of gender relations in sport to students across a variety of disciplines Emily A Roper Ph D is an Associate Professor in the Department of Health and Kinesiology at Sam Houston State

University Her research focuses on gender sexuality and sport **Sportsmanship** Tim Delaney, 2016-02-17 Sportsmanship is a broad concept ethics fairness honor and self control Some people find it difficult to define what makes a good sport but state I know one when I see one This collection of new essays brings together the work of more than two dozen contributors from around the world who teach sportsmanship in a range of academic disciplines including sociology psychology economics education kinesiology and applied athletics Topics include the moral ambiguities of cheating recreation in prison ethics and character formation coaching perspectives gender race and the portrayal of sportsmanship in film Instructors considering this book for use in a course may request an examination copy here

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