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audience on human performance;  
building team cohesion; and  
preventing burnout and other negative  
effects.

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This edition provides revised coverage of important topics such as exercise behaviour, social physique, eating disorders and drug abuse, as well as new coverage of humanistic theory, and issues related to the psychology of optimal experience.



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This book brings together world-class professionals to share theoretical understanding applied to sport, exercise and performance domains. It highlights how to be more effective in developing psychological skills, context and understanding for educators, students and professionals. From both academic and practitioner perspectives, this book takes readers through contextual understanding of this field of study and into a wide variety of important areas. Specifically, the chapters focus on the mind-body relationship and performance challenges, and on core mental skills applied across different sport, exercise and performance examples (including professional athletes, normal exercise populations and military service members). The final section expands

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the context into the role of relationships and performance in group settings to cover a broad practice of modern day applied performance psychology.

Covering the five psychological areas considered to have the most influence on athletic performance - motivation, confidence, intensity, focus and emotions - this work provides a comprehensive approach to sport psychology.

This ground-breaking book is the first to provide a comprehensive overview of how organizational psychology can be used to understand and improve performance in elite sport. Using recent theoretical advances from this burgeoning area of research, each chapter offers key conceptual issues

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and practical insights across a range of topics. The book is structured into four constituent parts, Attitudes and emotions in sports organizations Stress and well-being in sports organizations Behaviors in sports organizations Environments in sports organizations Covering key areas such as attitudes to employment, conflict and change management, leadership, and relationships with the mass media, the book shines a spotlight on how organizational issues play a fundamental role in the experience of individuals and teams. In an era of ever-increasing professionalism in sport, the book provides an invaluable new perspective on performance at the elite level. Including contributions from an international range of academics and practitioners, it will be essential reading for any student or

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practitioners within sport and exercise psychology.

A comprehensive textbook covering fundamentals of psychology and its application and usage in sports and related activities. Sports Psychology is based on the premise that one's participation and performance in sports is as much psychology oriented as it is a matter of physiological skill and talent. This textbook offers to build a sound groundwork in concepts and theories of psychology for their appropriate application to enhance participation in sports activities. The contents of the book will aid students, teachers, trainers, coaches as well as players to improve and maintain their performance in various sports

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Applications. Written in a simple and user-friendly style, the textbook covers the syllabi of psychology courses on the subject as well as course curriculums of BPEd and MPEd programmes.

Besides being an indispensable asset to students, the book will prove to be beneficial for coaches and sport psychologists engaging in the task of training, coaching and guiding the trainees and athletes. Key Features: •

- Chapters arranged to aid sequential learning and understanding of the concepts with a balanced blend of theory and practice
- Traces the historical evolution of sports psychology as a subject of study and its current status and future trends

- Throws light on the issues related to athletes' mental health including anxiety, stress, frustrations and conflicts, aggression and violence, and

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sports injuries and their management •  
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