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## Sommario/riassunto

This book provides a comprehensive historical account of the evolution of Sport and Exercise Psychology research, charting the progression of the field from the early days when well-controlled experimental research was the standard, to the subsequent paradigm war between positivism, post-positivism and constructivism. The book challenges current thinking and makes a plea for a move towards a future in which the accumulation of knowledge is at the core of Sport and Exercise research, rather than simply methods and measurements. The result is a critique not only of exercise and sport psychology, but of psychological research methods more broadly. It will be of great interest to researchers and students working in Sport Science, Research Methods, and Psychology. .

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