

1. Record Nr.	UNINA9910461311303321
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Titolo	Single-case research methods in sport and exercise psychology // Jamie Barker. [et al.]
Pubbl/distr/stampa	Abingdon, Oxon : , : Routledge, , 2011
ISBN	1-135-18936-6 1-135-18937-4 1-283-12679-6 9786613126795 0-203-86188-4
Descrizione fisica	1 online resource (225 p.)
Disciplina	796.01
Soggetti	Sports - Psychological aspects Sports injuries - Psychological aspects Exercise - Psychological aspects Sports medicine Electronic books.
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Cover; Single-Case Research Methods in Sport and Exercise Psychology; Copyright; Contents; Illustrations; Foreword; Preface; Acknowledgements; 1. Introduction to single-case research; 2. History and philosophy of single-case research in sport and exercise; 3. General procedures in single-case research; 4. Assessing behaviour in sport and exercise; 5. The withdrawal design in sport and exercise; 6. Multiple-baseline designs in sport and exercise; 7. The changing-criterion design in sport and exercise; 8. The alternating-treatments design in sport and exercise 9. Analysing data in single-case research 10. Single-case research in sport and exercise; References; Index
Sommario/riassunto	What is single-case research? How can single-case methods be used within sport and exercise? Single-case research is a powerful method for examining change in outcome variables such as behaviour,

performance and psychological constructs, and for assessing the efficacy of interventions. It has innumerable uses within the context of sport and exercise science, such as in the development of more effective performance techniques for athletes and sportspeople and in helping us to better understand exercise behaviours in clinical populations. However, the fundamental prin

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