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Titolo	Sport and Exercise Psychology : Theory and Application // Julia Schuler [and three others], editors
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Edizione	[1st ed. 2023.]
Descrizione fisica	1 online resource (751 pages)
Disciplina	796.01
Soggetti	Psychology, Sports Sports - Psychological aspects Psicologia de l'esport Aspectes psicològics Llibres electrònics
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Chapter 1: Introduction: Sport and Exercise Psychology - Theory and Application -- Part 1: Cognition -- Chapter 2: Perception and Attention -- Chapter 3: Learning and memory in sport -- Chapter 4: Neurocognition and movement -- Chapter 5: Judgment and decision making -- Chapter 6: Embodied Cognition -- Chapter 7: Motivation and goals in the context of sport and movement -- Chapter 8: Intrinsic Motivation in the Context of Sport -- Chapter 9: Implicit Motives in Sport and Exercise -- Chapter 10: Volition in Sport and Exercise -- Part 2: Emotions -- Chapter 11: Emotions in Sport -- Chapter 12: Anxiety in Sport -- Chapter 13: Person, Situation, and Person-Situation Interaction in Sports -- Chapter 14: Personality development through sport -- Chapter 15: Physical activity across the lifespan – Personality, physical activity and sedentary behavior -- Chapter 16: Group Performance -- Chapter 17: Social influence of spectators -- Chapter 18: Interaction and Communication -- Chapter 19: The Self in Sport and Exercise -- Chapter 20: Self-regulation in competitive sports -- Chapter 21: Cognitive training in sports -- Chapter 22: Applying group dynamics to enhance sport teams -- Chapter 23: Talent Identification and

Development in Sport -- Chapter 24: Sleep, Recovery and Rest -- Chapter 25: Models to explain and change health behavior and physical activity -- Chapter 26: Physical Activity, Subjective Well-being and Mental Health -- Chapter 27: Sport, Stress and Health -- Chapter 28: Exercise, Health Disorders and Injuries.

Sommario/riassunto

This textbook covers topics in sport and exercise psychology for students of psychology and sport science, as well as for sport practitioners who want to understand topics in sport psychology in more detail and depth. The book is divided into two main parts: Theory and Application. The first part covers the theoretical facets of sport and exercise psychology, and the close link between theory and practice, divided into the sub-disciplines of psychology (cognition, motivation, emotion, personality and development, and social processes). The second part focuses on the applications of sport and exercise psychology in the context of performance and health. With contributions from scholars across the globe, the book offers an international and timely perspective on the key fundamentals of sport psychology. Taken together, these chapters provide a challenging yet accessible overview of the larger field of sport and exercise psychology. This book is suitable for readers at different levels of competence, supported with didactic elements (learning objectives and learning control questions) to find the right learning level.
