

1. Record Nr.	UNINA9910688288803321
Titolo	Sport Psychology in Sports, Exercise and Physical Activity / / edited by Hilde Nielsen
Pubbl/distr/stampa	London : , : IntechOpen, , 2021
Descrizione fisica	1 online resource (142 pages) : illustrations
Disciplina	796.0
Soggetti	Sports - Psychological aspects
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di bibliografia	Includes bibliographical references.
Sommario/riassunto	Sports psychology is an interdisciplinary science for the purpose of increased participation in sports and physical activity to improve health and wellbeing. It addresses everything from optimal performance and wellbeing of athletes to developing mental and social aspects of participation to systemic issues associated with sports settings and organizations. This book introduces readers to topics within sports psychology with a special focus on motivation, behavior change, and personalities.