

1. Record Nr.	UNINA9910779041803321
Titolo	Psychoneuroendocrinology of sport and exercise : foundations, markers, trends / / edited by Felix Ehrlenspiel and Katharina Strahler
Pubbl/distr/stampa	London : , : Routledge, , 2012
ISBN	1-136-47990-2 1-136-47991-0 0-203-13374-9
Descrizione fisica	1 online resource (226 p.)
Collana	Routledge research in sport and exercise science
Classificazione	MED027000MED057000MED084000
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Disciplina	612.405 613.7/1 613.71
Soggetti	Sports Exercise Psychoneuroendocrinology
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di contenuto	Front Cover; Psychoneuroendocrinology of Sport and Exercise; Copyright Page; Contents; Contributors; Preface; Acknowledgements; Part I: Foundations of a psychoneuroendocrinology of sport and exercise: Katharina Strahler and Felix Ehrlenspiel; 1. Introduction: Felix Ehrlenspiel and Katharina Strahler; 2. Foundations in psychoneuroendocrinology: Jana Strahler and Elisabeth Klumbies; Part II: Markers: Katharina Strahler and Felix Ehrlenspiel; 3. Cortisol: Ferran Suay and Alicia Salvador; 4. Testosterone: Claudia Windisch, Mirko Wegner and Henning Budde 5. Catecholamines: Martin Schonfelder, Thorsten Schulz and Jana Strahler6. Salivary alpha-amylase: Jana Strahler; Part III: Research trends: Katharina Strahler and Felix Ehrlenspiel; 7. The psychoneuroendocrine response to sports competition: Edith Filaire; 8. Physical activity and psychophysiological stress reactivity: Ulrike Rimmele; 9. Spectators' physiological responses to sport events: Silvan Steiner; 10. Staleness and the overtraining syndrome Ferran Suay; Index

"Psychoneuroendocrinology is the study of the interaction between hormones, the brain and human behaviour. This is the first book to examine psychoneuroendocrinology in the context of sport and exercise, offering a comprehensive review of current research and assessment techniques and highlighting directions for future research. The book explores the bidirectional links between hormones and behaviour, and draws important conclusions for how their study will aid in the understanding of the bidirectional link between sport and behaviour, that is central to the psychology of sport and exercise. It presents the key hormones that underpin behaviour in a sporting context, including the description of their physiologic mechanisms and behavioural effects. The book reports benchmark standards for the assessment and analysis of hormonal influences of behaviour in sport, and examines practical issues and contexts such as emotional state (anxiety, for example), overtraining and stress. Psychoneuroendocrinology in Sport and Exercise is a breakthrough text that will be of interest to all advanced students and researchers working in the psychology and physiology of sport and exercise"--

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