

1. Record Nr.	UNINA9910786699903321
Autore	Granquist Megan D
Titolo	Psychosocial strategies for athletic training // Megan D. Granquist [and three others] ; Joanna Cain, developmental editor ; contributors Monna Arvinen-Barrow [and five others]
Pubbl/distr/stampa	Philadelphia, Pennsylvania : , : F.A. Davis Company, , 2015 ©2015
ISBN	0-8036-4397-7
Descrizione fisica	1 online resource (337 p.)
Disciplina	617.1/027
Soggetti	Athletes - Mental health Athletes - Psychology Athletic trainers Medical referral Sports - Psychological aspects
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Includes index.
Sommario/riassunto	Be prepared to offer not only the physical rehabilitation regimen injured athletes need, but also the psychological and psychosocial support they need to recover from injuries. Here's a user-friendly introduction to the application and practical use of psychosocial theories and techniques.