1. Record Nr. UNINA9910795831803321 Autore Cotterill Stewart Titolo Sport and Exercise Psychology: Practitioner Case Studies Pubbl/distr/stampa New York:,: John Wiley & Sons, Incorporated,, 2016 ©2016 **ISBN** 9781118686515 9781118686522 Edizione [1st ed.] Descrizione fisica 1 online resource (689 pages) Collana BPS Textbooks in Psychology Ser. Altri autori (Persone) WestonNeil BreslinGavin 796.019 Disciplina Soggetti Exercise - Psychological aspects Electronic books. Lingua di pubblicazione Inglese **Formato** Materiale a stampa Livello bibliografico Monografia Nota di contenuto Intro -- BPS Textbooks in Psychology -- Title page -- Copyright --About the Contributors -- Acknowledgements -- Stewart -- Neil --Gavin -- About the Companion Website -- Part 1 Sport and Performance Psychology -- 1 Introduction -- Introduction to the book -- The nature of applied work in sport and exercise psychology --Overview of the book -- 2 Managing Difficult Interpersonal Relationships: A Basic Psychological Needs Approach -- Client and background -- Initial needs assessment -- Framework and intervention -- Reflections -- Further reading -- References -- 3 The Use of Team Strengths at a Major Championship -- Client and background -- The sport and its competitive structure -- Initial needs assessment --Framework and intervention -- Reflections -- Further reading --References -- 4 Concentration and Optimal Performance Under Pressure -- Client and background -- Initial needs assessment --Framework and intervention -- Reflections -- Further reading --

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