



Sport and Exercise Psychology: Topics in Applied Psychology

Andy Lane

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Sport and Exercise Psychology provides comprehensive coverage of key topics in sport and exercise psychology including the effectiveness of psychological skills training interventions, models for delivery and the development of research approaches studying the impact of psychological skills on performance. A number of specific chapters focus on key issues such as, mood, emotion, emotion regulation, coping, self-confidence, anxiety, imagery, performance profiling and leadership development in players and coaches. Exercise is typically linked to positive psychological states and three chapters review this effect. A chapter focuses on the influence of exercise on self-esteem while the next chapter looks at the use of music and a further chapter looks at dysfunctional effects including addictive states. A final chapter focuses on placebo effects addressing key issues in designing psychological interventions.

The integrated and interactive approach, combined with the comprehensive coverage, make this book the ideal companion for courses in applied clinical psychology.

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