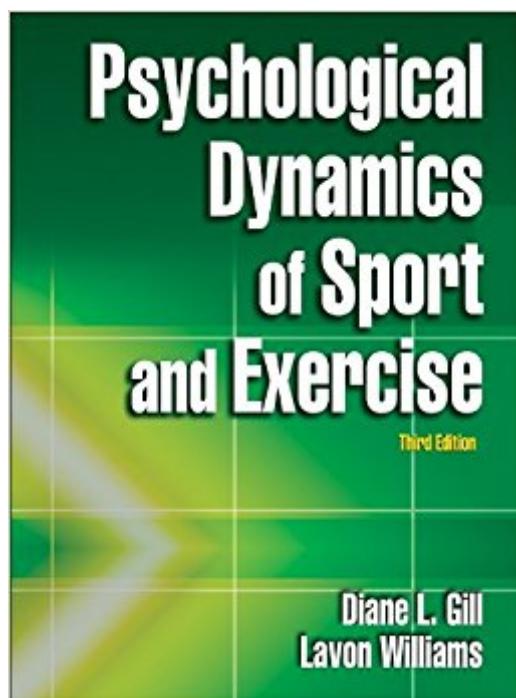


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# Psychological Dynamics Of Sport And Exercise, Third Edition



## Synopsis

Psychological Dynamics of Sport and Exercise, Third Edition, reflects the latest developments in the field of sport and exercise psychology and presents various applications in a range of physical activity settings. The text emphasizes practical theory, which allows students, teachers, personal trainers, consultants, athletic trainers, and other professionals to enhance sport and exercise experiences for all based on the best available knowledge in the field. By using practical theory, readers can incorporate the basic skills of sport and exercise psychology into both their professional and personal experiences. Psychological Dynamics of Sport and Exercise, Third Edition, builds on information presented in previous editions with revised content and new research that is more relevant to current practice. Emphasis is placed on sport and exercise psychology concepts as they apply to three key areas of sport science professions: physical education teaching and coaching; exercise instruction and fitness leadership; and sports medicine, rehabilitation, and athletic training. By focusing on these settings, readers will understand how psychology concepts are integral to real-world situations outside of the classroom. Through this text, sport and exercise psychology will come alive for students as they prepare for their professional lives. This new edition encourages learning with the following features:-Expanded sections on cognitive skills, participation motivation, emotion, and cultural diversity that emphasize recent areas of interest in sport and exercise psychology-Updated references throughout the book that are designed to keep readers on top of a fast-growing field -New case studies at the end of each chapter that allow students to immediately apply the content in real-world coaching, physical education, fitness instruction, and sport rehabilitation settings-Distinct research and application boxes that will help students tie theory with professional practice -Chapter summaries, review questions, and annotated recommended readings that aid comprehension of material and direct students to additional resources Psychological Dynamics of Sport and Exercise, Third Edition, is organized into five parts representing major topics that may be found in a sport and exercise psychology curriculum. Part I provides an overview of sport and exercise psychology. The section presents a framework for the psychological factors related to sport and exercise with chapters covering the scope, historical development, and current approaches to sport and exercise psychology. Part II focuses on the individual and includes chapters addressing personality, attention and cognitive skills, and self-perceptions. In part III the discussion turns to motivation. These chapters address behavioral approaches, social-cognitive theories and models, motivational orientation, intrinsic motivation, and lifestyle physical activity. Part IV goes beyond competitive anxiety to include a wider range of emotions and physical activity settings. Part V explores the individual in relation to others. This section on social processes

contains chapters on social influence, social development, group dynamics, gender, and cultural diversity. Throughout the text, research findings, theories, and themes are pulled together to provide guidelines for professional practice. *Psychological Dynamics of Sport and Exercise, Third Edition*, provides readers with updated information in both exercise and sport psychology that they can use as they move into or continue professional practice.

## **Book Information**

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## **Customer Reviews**

Diane L. Gill, PhD, is a professor in the department of exercise and sport science at the University of North Carolina at Greensboro (UNCG). She held faculty positions at the University of Waterloo and the University of Iowa before moving to UNCG. At UNCG, she has served as associate dean of the School of Health and Human Performance, head of the department of exercise and sport science, and founding director of the Center for Women's Health and Wellness. She has more than 30 years of experience as a faculty member in sport and exercise psychology. Dr. Gill has been engaged in research and scholarly activity in sport and exercise psychology throughout her career. With over 100 scholarly publications on sport and exercise psychology topics, she has made many presentations at major national and international conferences. She serves on several editorial boards and is the former editor of the *Journal of Sport and Exercise Psychology*. She is a fellow of several professional organizations, a former president of Division 47 (Exercise and Sport Psychology) of the American Psychological Association, the North American Society for the Psychology of Sport and Physical Activity, and the Research Consortium of AAHPERD. She

received both her MS and PhD degrees from the University of Illinois and her undergraduate degree from the State University of New York at Cortland. Lavon Williams, PhD, is a professor in the department of sport studies at Guilford College. She held faculty positions at Western Illinois University, Northern Illinois University, and Purdue University before taking a position at Guilford College, where she is department chair and coordinator of the physical education teacher education program. Dr. Williams has been actively involved in sport and exercise psychology research throughout her career. She has written over 20 scholarly publications and has given more than 30 national and international presentations. Dr. Williams is a member of the Association for Applied Sport Psychology, the National Society for the Psychology of Sport and Physical Activity, and the American Alliance for Health, Physical Education, Recreation and Dance and is a fellow of the Research Consortium. She served on the board of the National Association of Girls and Women in Sport and the AAHPERD Research Consortium. She is currently on the editorial board for Research Quarterly for Exercise and Sport (RQES) and Measurement in Physical Education and Exercise Science. She served as an associate editor of the AASP Newsletter, a psychology section editor for RQES, an editorial board member for both The Sport Psychologist and Women in Sport and Physical Activity Journal, and a reviewer for the Journal of Sport and Exercise Psychology, Journal of Applied Sport Psychology, and Psychology of Sport and Exercise. She received her MS from the University of Oregon, her PhD from the University of North Carolina at Greensboro, and her bachelor's degree from Texas Christian University.

Great book written by my very own professor! How awesome and lucky!

Seriously sports psychology needs to focus on something other than imagery and visualization, not the books fault but i did not use it as much as I though it would.

very helpful

i used this book for my sports psychology class in college. for a topic that is so interesting, i found the book to be pretty dry compared with some of the other handouts we were given to read. i would not recommend it for personal reading, but as a textbook it isn't that bad

I purchased this for my youngest daughter for one of her college courses. It's the same book the campus bookstore sells but alot cheaper. Arrived very quickly. We'll be purchasing as many

textbooks that she'll need over the next 4 years thru and save a bundle. Only wish we knew about this with our first two children!!

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