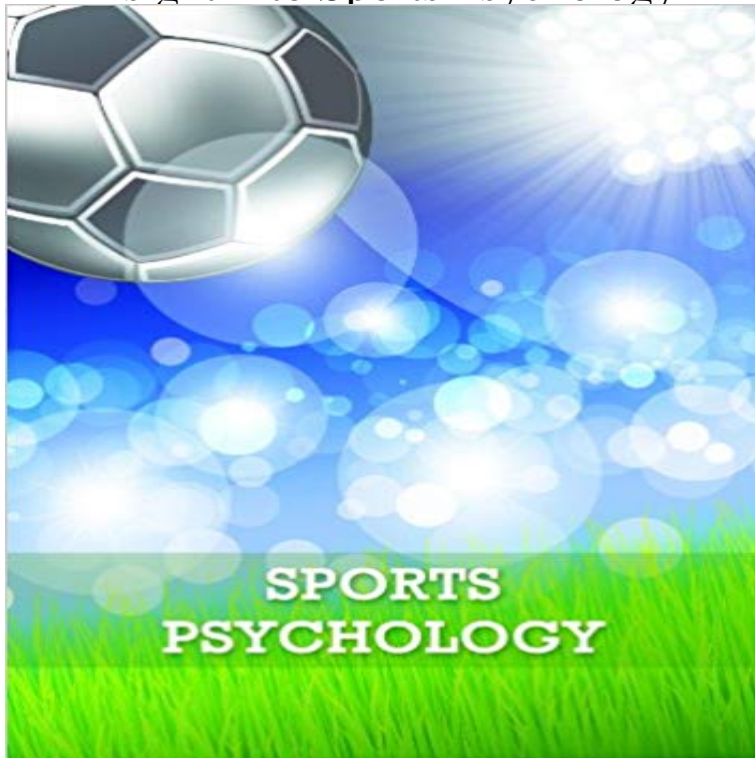


An Insight Into Sports Psychology - Theories and Concepts



Sports psychology is the study of how psychology influences sports, athletic performance, exercise and physical activity. It is one of the most practical and applicable field of psychology. This book has been designed with a lot of hardwork and passion to understand the major aspects of sports psychologies. The book has been divided into 45 small chapters so that reading and comprehension becomes easier for readers, specially students. This book will be a treasure of psychology students and teachers. The TOC of the book is as follows: LESSON 1: SPORT PSYCHOLOGY DEFINED LESSON 2: SELF-CONFIDENCE AND SPORT PSYCHOLOGY LESSON 3: SELECTING SELF-TALK STATEMENTS LESSON 4: GOAL ORIENTATION LESSON 5: CAUSAL ATTRIBUTION IN SPORT LESSON6: CAUSAL ATTRIBUTIONS IN COMPETITIVE SITUATIONS LESSON 7: MOTIVATION IN SPORT LESSON 8: FLOW: THE PSYCHOLOGY OF OPTIMAL EXPERIENCE LESSON 9: PRINCIPLES OF EFFECTIVE GOAL SETTING LESSON 10: A TEAM APPROACH TO SETTING GOALS LESSON 11: YOUTH SPORT LESSON 12: ATTENTION AND CONCENTRATION IN SPORT LESSON 13: ATTENTION AND CONCENTRATION IN SPORT LESSON 14: PERSONALITY AND THE ATHLETE LESSON 15: THE MEASUREMENT OF PERSONALITY LESSON 16: PERSONALITY AND THE ATHLETE LESSON 17: SITUATIONAL FACTORS RELATED TO ANXIETY AND MOOD LESSON 18: ANXIETY, AROUSAL, AND STRESS RELATIONSHIPS LESSON 19: ANXIETY, AROUSAL, AND STRESS RELATIONSHIPS LESSON 20: ALTERNATIVES TO INVERTED-U

THEORY LESSON 21: COPING STRATEGIES IN SPORT LESSON 22: RELAXATION STRATEGIES FOR SPORT LESSON 23: AROUSAL ENERGIZING STRATEGIES LESSON 24: AROUSAL ENERGIZING STRATEGIES LESSON 25: IMAGERY LESSON 26: IMAGERY 2 LESSON 27: IMAGERY 3 LESSON 28: THE ROLE OF HYPNOSIS IN SPORT LESSON 29: THE ROLE OF HYPNOSIS IN SPORT LESSON 30: PSYCHOLOGICAL SKILLS TRAINING LESSON 31: PSYCHOLOGICAL SKILLS TRAINING LESSON 32: ETHICS IN SPORT PSYCHOLOGY LESSON 33: AGGRESSION AND VIOLENCE IN SPORT LESSON 34: AGGRESSION AND VIOLENCE IN SPORT LESSON 35: AUDIENCE AND CROWD EFFECTS IN SPORTS LESSON 36: TEAM COHESION IN SPORT LESSON 37: TEAM COHESION IN SPORT LESSON 38: LEADERSHIP IN SPORT LESSON 39: EXERCISE PSYCHOLOGY LESSON 40: EXERCISE PSYCHOLOGY LESSON 41: EXERCISE PSYCHOLOGY 2 LESSON 42: EXERCISE PSYCHOLOGY 3 LESSON 43: BURNOUT IN ATHLETES LESSON 44: THE PSYCHOLOGY OF ATHLETIC INJURIES LESSON 45: DRUG ABUSE IN SPORT AND EXERCISE We hope you will like the book..

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