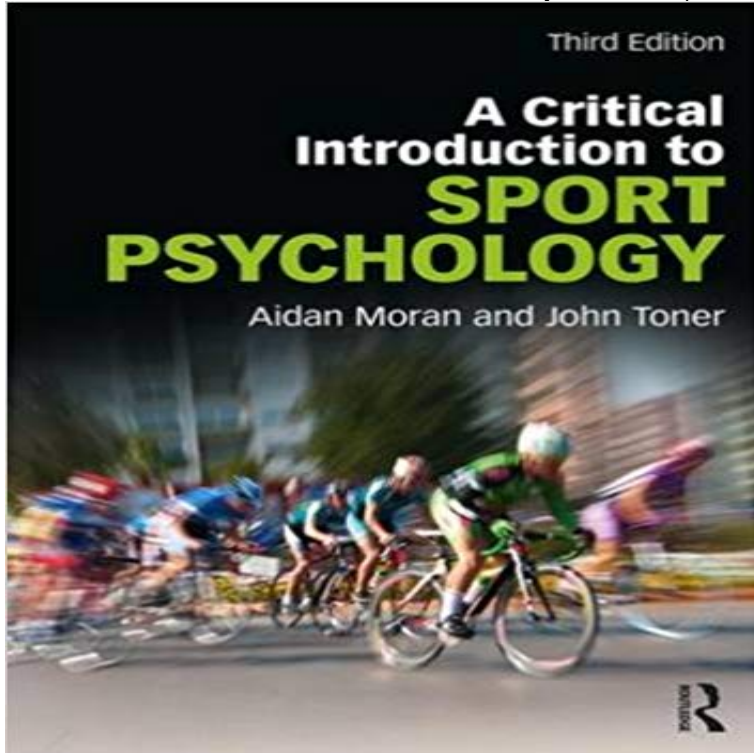


# A Critical Introduction to Sport Psychology



Sport Psychology: A Critical Introduction is the only textbook available that not only provides a detailed overview of the key theories and concepts within the discipline, but also a critical perspective that examines and challenges these core foundations. Updated to include the most recent research findings, the new edition covers the most important issues affecting both participation and performance in sport, including motivation, anxiety, emotional coping, mental imagery and team cohesion. But the book also includes a range of features that bring the science to life, including critical thinking exercises and new applied boxes that demonstrate how sport psychology can be used in the real world. Research project suggestions and a comprehensive glossary are also included, whilst a final chapter examines where sport psychology is moving in the future. Now in its 3rd edition, Sport Psychology: A Critical Introduction is the definitive sport psychology textbook for anyone wishing to engage critically with the discipline.

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