



Encyclopedia of Sport and Exercise Psychology

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How do athletes overcome fears, slumps, mental blocks, or injuries? How do they deal with stress and anxiety, be it from competitors, teammates, audiences, parents, coaches, or themselves? What psychological techniques prove effective in mental training for peak performance, maintaining concentration, motivation, and competitive drive? How can an athlete enhance his or her commitment to a training regimen, or how might the average person better adhere to a program of fitness and exercise? Readers will find answers to these questions and more in the **Encyclopedia of Sport and Exercise Psychology**.

Features & Benefits:

- Entries explore the theory, research, and application of psychology as it relates to sport and fitness in a manner that is accessible and jargon-free to help readers better understand human behavior in sport and exercise settings.
- From personal factors to situational factors influencing performance to specific psychological techniques for enhancing performance, this work provides comprehensive coverage of the field via approximately 350 to 400 signed entries.
- Entries conclude with cross-references and suggestions for further readings to guide students further in their research journey.

Available in print and online, this monumental work is edited by two leading figures in the field with a distinguished international Editorial Advisory Board to select and assign entries, ensuring authoritative content readers can trust.

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