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Psicología del deporte: conceptos y sus aplicaciones

By Cox, Richard H.

Editorial Médica Panamericana, S.A., 2008. Book Condition: New. ¿Por qué algunos deportistas tienen éxito y otros igualmente talentosos deben lidiar con temas como la autoestima, la motivación y el compromiso? ¿Cómo se puede ayudar a los deportistas y a quienes practican deportes a superar las dificultades psicológicas y alcanzar todo su potencial? Psicología del deporte, Conceptos y sus aplicaciones describe cómo se pueden emplear principios avalados por investigaciones científicas modernas en el manejo de situaciones y aspectos que forman parte de la actividad diaria de los entrenadores, los profesores de educación física y los deportistas. Entre otros, se abordan temas como el manejo de la ansiedad y el estrés; estrategias de afrontamiento, relajación y energización; comprensión de los efectos del público en el desempeño; construcción de la cohesión de equipo y liderazgo; prevención del burnout; consumo de drogas; y control del dolor. En esta sexta edición se destacan: El contenido actualizado avalado por las investigaciones más recientes, como lo indican las aproximadamente 400 referencias nuevas citadas. Los recuadros de Conceptos y aplicaciones con material extraído de la literatura científica, diseñados para transmitir al estudiante los usos prácticos de las investigaciones en las actividades de enseñanza y entrenamiento cotidianas. Los recursos...



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