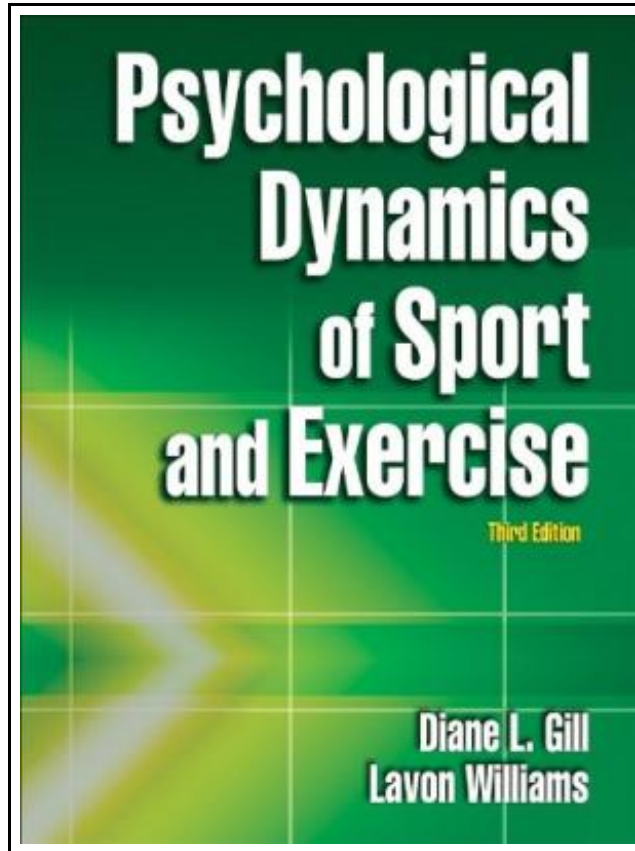


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Human Kinetics Publishers, United States, 2008. Hardback. Book Condition: New. 3rd Revised edition. 282 x 221 mm. Language: English . Brand New Book. In this new edition, the authors emphasise practical theory and show how readers can incorporate the basic skills of sport and exercise psychology into practice in three key professional areas: PE teaching and coaching, exercise instruction and fitness leadership, and sports medicine and rehabilitation. Readers in advanced sport and exercise psychology courses will appreciate that this important subject is not just for psychologists and performance consultants, but has real-life implications for many professions in the sport and health sciences. Students will read case examples taken from the three professional areas and at the end of each chapter draw on the chapter objectives they have learnt to help them apply concepts. They will be guided through each chapter with Key Point and Application Points boxes that encourage students to turn theory into practice. Other elements include a chapter summary, review questions and annotated recommended readings. This newly updated edition provides expanded sections on cognitive evaluations and interventions, participation emotion, gender and diversity issues. Students will enhance their education greatly with this book and educational sport psychology will come alive as students begin to prepare for their professional life to come.



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