Psychology: Concepts and Applications is an introductory psychology textbook based on research about how students learn. This text is centered on a unique organizational framework that signals key concepts and divides chapter material into manageable units. It is an effective learning tool based on a comprehensive learning system derived from research on memory, learning, and textbook pedagogy, which incorporates four key elements of effective learning: engaging interest, encoding information, elaborating meaning, and evaluating progress

Concepts are developed and supported by the research literature of sport psychology, and examples are provided of how these concepts can be applied in exercise and sport settings. This updated edition now includes research application associated with women, youth sport athletes, and disabled athletes when ever possible and appropriate. The book is divided into ten chapters: introduction to sport psychology; personality and the athlete; attention in sport; anxiety and arousal in sport; arousal adjustment strategies; cognitive-behavioural intervention in sport; causal attribution in sport; motivation and self-confidence in sport; social psychology of sport; and, psychobiology of sport and exercise. Case studies and illustrations are drawn from North America.