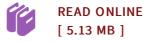




Sport Psychology: A Complete Introduction: Teach Yourself

By John Perry

Hodder & Stoughton General Division. Paperback. Book Condition: new. BRAND NEW, Sport Psychology: A Complete Introduction: Teach Yourself, John Perry, Sport Psychology: A Complete Introduction is designed to give you everything you need to succeed, all in one place. It covers the key areas that students are expected to be confident in, outlining the basics in clear, jargon-free English and providing added-value features like summaries of key experiments and even lists of questions you might be asked in your seminar or exam. The book uses a structure that mirrors the way sports psychology is taught on many university courses, and is split into theory and application. Chapters in the first part include coverage of essential personality traits, including mental toughness, confidence, motivation and character. The chapters on applied sports psychology cover topics such as assessment, working with groups, skills training, coping techniques and working with coaches and children. There is also substantial coverage of measurement questionnaires, skills and routes to practice. Sport Psychology employs the 'Breakthrough Method' to help you advance quickly at any subject, whether you're studing for an exam or just for your own interst. The Breakthrough Method is designed to overcome typical problems you'll face as learn...



Reviews

An extremely amazing book with lucid and perfect reasons. It is actually writter in easy words and phrases and never confusing. Your life period will likely be transform the instant you full looking over this ebook.

-- Tracy Keeling

This publication can be worth a read through, and far better than other. It normally will not charge too much. Your life period will likely be enhance as soon as you comprehensive reading this article pdf.

-- Joyce Boyle