



Sport Psychology: Linking Theory & Practice

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The Ninth World Congress of Sport Psychology inspired this book which includes contributions by the gathering's keynote speakers substantially extended and updated from their conference presentations on the theme 'Innovations in Sport Psychology: Linking Theory and Practice'. Targeted toward researchers sport psychology consultants and students the text addresses recent innovations in the field and charts the links between theory and practice. The book contains five parts. Part I presents some historical perspectives on sport psychology; Part II deals with basic concepts of sport psychology; Part III with various cognitive aspects of skilled motor behaviour; Part IV includes chapters on motivation and emotion; and Part V examines the various facets of the interface between behavioural science and society. The content of this textbook is highly relevant not only for researchers and students of sport psychology but also for practitioners such as coaches and athletes interested in the application of this exciting and evolving discipline to their particular area of interest.

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