



Exploring Sport and Exercise Psychology:

Judy L. Van Raalte, Britton W. Brewer

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This volume is intended for psychologists, kinesiologists, physical education specialists and students interested in exploring opportunities in sport and exercise psychology. It provides an overview of applications, interventions and practice issues in the field. Popular interventions for peak performance (including imagery training, intensity regulation, modeling and goal setting) are featured, along with population-specific advice (includes college and elite athletes), strategies for enhancing physical and psychological well-being, specialization education and training and tips on how to get started in the field. Leaders in the field have been brought together to comment on their specific areas of expertise.

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