



Sport Psychology

By Catherine Sanderson

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FEATURES

- ***Emphasis on real-world examples and contemporary athletes** in every chapter
- ***Connects to students on a personal level** through "Test Yourself" features that enable students to rate themselves on various issues, attitudes, and behaviors and apply what they've learned to their own lives
- ***Emphasizes research** with a thorough review of research methods in the first chapter and "Research in Action" boxes throughout that explore thought-provoking topics like the impact of superstition on athletic performance
- ***Integrates cutting-edge material** in "Focus on Neuroscience" boxes that describe recent studies showing how the brain and hormones may impact athletic performance
- ***Focuses on youth** in "Impact on Youth" boxes that demonstrate how theories and principles of sport psychology can be used with young athletes
- ***Addresses diversity issues** in the opening chapter and in a unique chapter that considers how stereotypes, prejudice, and discrimination regarding gender, race/ethnicity, and sexual orientation influence sport participation and performance

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Editorial Review

Review

"The utilization of current athletes in a variety of different sports is an excellent way to demonstrate the concepts that are discussed...[which] will peak the students' interests." -- Brad Vickers, *Mississippi State University*

"*Sport Psychology* provides interesting examples that are relevant and current in order to capture students' attention. The writing is very good and accessible to students from a wide range of backgrounds." --Todd Wilkinson, *University of Wisconsin, River Falls*

"I love that *Sport Psychology* connects theory and research to real-world examples and students' own experiences. This enables them to relate to the information, understand its importance, and also see how they can use it in their future careers and personal lives."-- Kirsten Lupinski, *Albany State University*

About the Author

Catherine A. Sanderson is the Manwell Family Professor of Life Sciences (Psychology) at Amherst College. She received her undergraduate degree from Stanford and her graduate degrees from Princeton. She has published more than twenty-five journal articles and book chapters in addition to three college textbooks. In 2012 she was named one of the country's top 300 professors by the Princeton Review. She is the faculty advisor to the men's ice hockey team at Amherst College and the NCAA Faculty Representative.

Users Review

From reader reviews:

Ann Bland:

This Sport Psychology book is not ordinary book, you have it then the world is in your hands. The benefit you get by reading this book is information inside this guide incredible fresh, you will get data which is getting deeper a person read a lot of information you will get. That Sport Psychology without we comprehend teach the one who studying it become critical in imagining and analyzing. Don't become worry Sport Psychology can bring when you are and not make your case space or bookshelves' turn into full because you can have it within your lovely laptop even mobile phone. This Sport Psychology having very good arrangement in word along with layout, so you will not experience uninterested in reading.

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Crystal Thomas:

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