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Cognitions or thoughts and behaviors, believing thought to be central in determining behavior.

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"Foundations of Sport and
Exercise Psychology, Third
Edition" expertly captures the
intrigue and excitement of the
field while explaining basic
concepts and principles. It shows
how these concepts and
principles can be applied to
counseling, teaching, coaching,
sports medicine, and fitness
instruction.

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This text provides a comprehensive view of sport and exercise psychology with the latest research on grit, mindfulness, emotional

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Psychology, cultural diversity, intelligence, substance abuse, exercise adherence, ethics, professional issues, and transitions in sport.

The leading textbook in sport and exercise psychology is back in a revised seventh edition, and it again raises the bar with its engaging introduction to the field. Foundations of Sport and Exercise Psychology, Seventh Edition With Web Study Guide, offers both students and new practitioners a comprehensive view of sport and exercise psychology, drawing connections between research and practice and capturing the excitement of the world of sport and exercise. Internationally

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Respected authors Robert Weinberg and Daniel Gould continue to gather and incorporate feedback from teachers and students with each edition, building a text that addresses emerging trends and remains relevant and up to date. In-depth learning aids have been refreshed, including chapter objectives and summaries, sidebars, key terms, key points, and discussion questions to help students think more critically about applying the material. Other updates to the seventh edition include the following:

- A new chapter on diversity and inclusion addressing topics related to gender, ethnicity, race, sexual orientation, and disability
- New content on popular and

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emerging areas such as grit, mindfulness, organizational sport psychology, and technology in sport psychology □ Additional modern-day practical examples and anecdotes to better illustrate concepts □ Updated references, including more contemporary sources Foundations of Sport and Exercise Psychology provides students with a unique learning experience—taking them on a journey through the field's origins, key concepts, research development, and career options available in the field. After this introduction to the field, the text shifts focus to personal factors that affect performance and behavior in sport, physical education, and exercise settings. It augments those concepts by

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factoring in situational circumstances that influence behavior, group interaction and processes, and the use of psychological techniques to help people perform more effectively. Students will gain critical insights into the role psychological factors play in health and exercise and the psychological consequences of participation in sport and physical activity, including children's psychological development through sport participation, aggression in sport, and moral development and good sporting behavior in sport and physical activity contexts. The updated web study guide serves as an important learning tool to support the educational journey. With more than 100 engaging

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activities, it allows students to apply the concepts from the text by completing activities for each chapter:

- Use actual sport and exercise psychology instruments to assess their skills
- Determine how to respond to real-life scenarios (with short answers or essays)
- Review research studies and experiments
- Search the Internet for relevant information
- Apply and test their understanding of principles and concepts of sport and exercise psychology

Many of the study guide activities offer compelling audio and video clips that reveal how sport psychology consultants communicate with athletes and coaches to improve athletic experiences. These clips feature esteemed experts from the field

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discussing concepts that they have studied and refined during their professional careers. To further emphasize practical application, the activities can be integrated throughout a full semester, turning course units into a unified whole that builds upon itself for greater understanding of the field. In addition to the web study guide, instructors will have access to a full suite of ancillaries: an instructor guide, test package, chapter quizzes, and presentation package plus image bank. Plus instructors have access to a special instructor video library featuring more than 120 video clips. The updated seventh edition of Foundations of Sport and Exercise Psychology

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continues to ensure that students are well equipped—and excited—to enter the field of sport psychology, fully prepared for the challenges they may encounter as well as the possibilities.

Provides a thorough introduction to the key concepts of sport and exercise psychology, taking students on a unique journey through the origins and goals, key concepts and career options available in this field.

The world-renowned authorship team of Bonnie G Berger and Robert S Weinberg welcome fellow highly esteemed scholar Robert C. Eklund to this third update of one of the fundamental

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texts on exercise psychology. In this new edition, the authors expand upon the key concepts and models of the field, focusing on the interrelationships between exercise and psychology.

Students moving toward the exercise professions will gain a solid background in key issues surrounding exercise and health and make great strides forward in becoming competent and compassionate practitioners.

The e-book for Fundamentals of Sport and Exercise Psychology, is available at a reduced price and allows students to highlight, take notes throughout the text. When purchased through the Human Kinetics site, access to the e-book is immediately granted when the

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order is received. Fundamentals of Sport and Exercise Psychology provides a preparatory look at the opportunities and goals in the field of sport and exercise psychology. Rather than focus on theory and concepts, this text answers basic questions for newcomers to the field by providing information on what sport and exercise psychology is and what it has to offer. It integrates applied and career information to show the basic principles of the field, contains information on where sport and exercise psychology professionals work, the types of jobs they hold, the services they provide, and the opportunities available to those thinking of entering the field. Engaging for readers of all levels,

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This book provides a clear and motivating vision of the future of the field and an update of the various career opportunities available. Throughout the resource, many features bring the practical aspects of sport and exercise psychology to life for those wondering what sport and exercise psychology is all about:

- Success Stories highlight influential practicing sport psychologists and mental training consultants to give readers an idea of how researchers and professionals are applying their knowledge in jobs and the many possible career paths available.
- Psychological Insights pull readers into the text with quirky or surprising "Did you know?" facts.
- Numerous quotes

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emphasize what sport and exercise psychologists, practitioners, and athletes in the real world have to say about the topic at hand. -Real-life examples introduce readers to the possibilities ahead and get them excited about where further study can lead. -The appendixes contain additional resources that students can consult as they continue their career journey and provide tips for applying the principles of sport and exercise psychology in various professions.

Fundamentals of Sport and Exercise Psychology examines what sport and exercise psychologists do, what they study, and how these factors relate to the real world. Part I of the text presents an overview of

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Psychology, 4th Edition, its current status within kinesiology, and the various career paths available. Part II explores the key objectives for people actually working in the field. Each of the seven chapters in part II covers an area commonly discussed in sport and exercise psychology, giving readers a better understanding of the main directions and visions for the field. Readers will briefly look at how sport psychology professionals and educators enhance the performance of individual athletes and teams, teach others how to create a positive sport environment, assess the mental skills of athletes, care for injured athletes, and encourage involvement in

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exercise and fitness. The emerging areas of counseling athletes regarding life skills and clinical issues are also discussed. This text is the first in the new Human Kinetics Fundamentals of Sport and Exercise Science series. The series helps students and professionals understand the basic topics, goals, and applications of the many subdisciplines in kinesiology. This and other books in the series provide a solid grounding that readers can use as a jumping-off point for further study. Fundamentals of Sport and Exercise Psychology will leave students with a clear understanding of what sport and exercise psychology professionals do and where they work. Just as

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Important, the book will motivate them to continue their exploration of the many rewarding career paths the field has to offer.

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Editions® System Requirements
Windows -Microsoft® Windows®
2000 with Service Pack 4,

Windows XP with Service Pack 2,
or Windows Vista® (Home Basic
32-bit and Business 64-bit
editions supported) -Intel®

Pentium® 500MHz processor

-128MB of RAM -800x600 monitor
resolutionMac PowerPC -Mac OS X

v10.4.10 or v10.5 -PowerPC® G4
or G5 500MHz processor -128MB
of RAM Intel® -Mac OS X v10.4.10

or v10.5 -500MHz processor

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Internet Explorer 6 or 7, Mozilla
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8, or 9 (Windows Vista requires
Flash 9.0.28 to address a known
bug)Mac -Apple Safari 2.0.4,
Mozilla Firefox 2 -Adobe Flash
Player 8 or 9 Supported devices
-Sony® Reader PRS-505
Language versions -English
-French -German

Psychoneuroendocrinology is the study of the interaction between hormones, the brain and human behaviour. This is the first book to examine psychoneuroendocrinology in the context of sport and exercise, offering a comprehensive review

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of current research and assessment techniques and highlighting directions for future research. The book explores the links between hormones and behaviour, and draws important conclusions for how their study will aid in the understanding of the bidirectional link between sport and behaviour, central to the psychology of sport and exercise. It presents the key hormones that underpin behaviour in a sporting context, including the description of their physiologic mechanisms and behavioural effects. The book reports benchmark standards for the assessment and analysis of hormonal influences of behaviour in sport, and examines practical issues and contexts such as

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emotional state, overtraining and stress. Psychoneuroendocrinology in Sport and Exercise is a breakthrough text that will be of interest to all advanced students and researchers working in the psychology and physiology of sport and exercise.

Please note: This text was replaced with a fourth edition. This version is available only for courses using the third edition and will be discontinued at the end of the semester. Taking a unique approach to the presentation of mechanical concepts, Biomechanics of Sport and Exercise eBook, Third Edition With Web Resource, introduces

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exercise and sport biomechanics in simple terms. By providing mechanics before functional anatomy, the book helps students understand forces and their effects before studying how body structures deal with forces. Students will learn to appreciate the consequences of external forces, how the body generates internal forces to maintain position, and how forces create movement in physical activities. Rather than presenting the principles as isolated and abstract, the text enables students to discover the principles of biomechanics for themselves through observation. By examining ordinary activities firsthand, students will develop meaningful explanations resulting

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In a deeper understanding of the underlying mechanical concepts. This practical approach combines striking visual elements with clear and concise language to encourage active learning and improved comprehension. This updated edition maintains the organization and features that made previous editions user friendly, such as a quick reference guide of frequently used equations printed on the inside cover and review questions at the end of each chapter to test students' understanding of important concepts. The third edition also incorporates new features to facilitate learning: □ Two online resources incorporate sample problems and use of video to allow practical

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Application of the material. □ New art and diagrams enhance problem sets and help students visualize the mechanics of real-world scenarios. □ Increased number of review questions (200) and problem sets (120) provide an opportunity for practical application of concepts. □ Greater emphasis on the basics, including improved descriptions of conversions and an expanded explanation of the assumption of point mass when modeling objects, provides a stronger foundation for understanding. □ New content on deriving kinematic data from video or film and the use of accelerometers in monitoring physical activity keeps students informed of technological advances in the

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field. Biomechanics of Sport and Exercise eBook, Third Edition With Web Resource, is supplemented with two companion resources that will help students better comprehend the material.

Packaged with this e-book, the web resource includes all of the problems from the book, separated by chapter, plus 18 sample problems that guide students step by step through the process of solving. This e-book may also be enhanced with access to MaxTRAQ Educational 2D software for Windows.

MaxTRAQ Educational 2D software enables students to analyze and quantify real-world sport movements in video clips and upload their own video content for analysis. The software

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Supplements the final section of the text that bridges the concepts of internal and external forces with the application of biomechanics; it also provides an overview of the technology used in conducting quantitative biomechanical analyses. The MaxTRAQ Educational 2D software must be purchased separately to supplement this e-book at the MaxTRAQ website. Instructors will benefit from an updated ancillary package. An instructor guide outlines each chapter and offers step-by-step solutions to the quantitative problems presented, as well as sample lecture topics, student activities, and teaching tips. A test package makes it easy to prepare quizzes and tests, and an

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Image bank contains most of the figures and tables from the text for use in developing course presentations. Biomechanics of Sport and Exercise, Third Edition, is ideal for those needing a deeper understanding of biomechanics from a qualitative perspective. Thoroughly updated and expanded, this text makes the biomechanics of physical activity easy to understand and apply.

Athletes and sports people at all levels rely on their coaches for advice, guidance and support. Foundations of Sports Coaching is a comprehensive introduction to the practical, vocational and scientific principles that underpin the sports coaching process. It

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provides the student of sports coaching with all the skills, knowledge and scientific background they will need to prepare athletes and sports people technically, tactically, physically and mentally. With practical coaching tips, techniques and tactics highlighted throughout, the book covers all the key components of a foundation course in sports coaching, including: the development of sports coaching as a profession coaching styles and technique planning and management basic principles of anatomy, physiology, biomechanics, and psychology fundamentals of training and fitness performance analysis reflective practice in coaching.

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Including international case-

studies throughout and examples from top-level sport in every chapter, Foundations of Sports Coaching helps to bridge the gap between coaching theory and practice. This book is essential reading for all students of sports coaching and for any practising sports coach looking to develop and extend their coaching expertise.

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