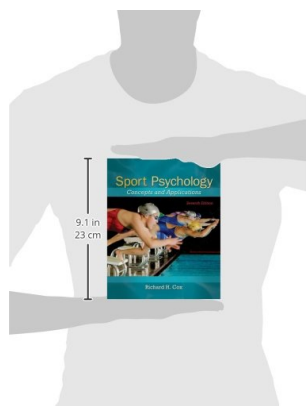


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Sport Psychology: Concepts and Applications shows how concepts supported by current scientific research can be used to address issues and situations encountered everyday by physical activity specialists, coaches, athletic trainers, and athletes.

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anxiety, arousal, and stress; developing coping, relaxation, motivation, and energizing strategies; understanding the effects of an audience on human performance; building team cohesion; and preventing burnout and other negative effects.

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