Contents

Preface (*v*)

1. Sport Psychology **1**

- Characteristic Features of Sport Psychology; Application of Sport Psychology; Characteristic Features of Sport Psychology; Sport and Exercise Psychology Field; Method of Sport Psychology; Aggression and sport ; Individual differences in sporting Aggression ; Structuralism in Sports Psychology; Enhancing Motivation in Sport; The Importance of Youth Sport Coaches

2. Psychology of Sport and Physical Activity **36**

- Sport Psychology In India: A Developmental Perspective; The Humanistic Model in Sports Psychology; The Nature and Scope of Social Psychology; Divisions of Social Psychology; Professionalization of Sport Psychology ; Applied Sport Psychology ; Success in Sport Psychology; Sport Psychology Defined ; Sports Psychology: An Integrated Approach to Mental Skills Training; Evaluation of Mental Skills

3. Exercise Physiology **72**

- Introduction; Fitness Professional; Exercise Program; Exercise: (Aesthic value of Exercise); Excess Post-exercise Oxygen Consumption

4. Personality in Sports **83**

- Personality and Sport; Humanistic Intervention in Psychosis; Social Cognitive Theory; Personality Within Sports; The riddle of personality and sport; Personality and Exercise; Personality Traits; Determining Personality Types; Importance of Profiling in Sport; Profiling gives you Self-Awareness (Behavioural Awareness); Humanistic Psychology used in Sport; Therapeutic Methods of Humanism

SAMPLE

5. Sports: Psych-down Techniques **119**

- Sport Psychology Benefits; Theory of Sport Psychology; Basis of Sports Training; Characteristics of Sports Training Components; Continuous versus Discrete versus Serial Skills; Role of Sports Psychology; Motivation and sport ; Theories of motivation ; Mastery and Performance Environments ; Counterfactual thinking

6. Methods of Sport Psychology Training **158**

- Delving into the Methodology; Sport Teaching in Physical Education; Sports Psychology is a Study of Athletes and their Behaviors; Pedagogical Reform in Sport Teaching; Developing the Instrument: A Rationale; Gaining Access to the Participants; Preferred Organisation for Training Delivery

7. Physical Exercise and Sports **192**

- Physical Activity/Exercise; Measuring exercise intensity; Measuring exercise intensity using the talk test; Aerobic & Anaerobic Heart Rate Zones; Physical Fitness; Exercises and Heart Rate Zones for various aerobic exercise intensities; Attitudes to sport ; The formation of Attitudes to sport ; Desire For Health and Physique Enhancement

8. Professionals in Sport Psychology **217**

- Introduction; Measures: Background Information; Explaining Referral to Clients; Psychological Factors Related to Golf Performance; Method and Participants; Method and Participants of Golfers; Several Psychological Factors of Golf Performance; Descriptive Statistics and Data Analysis; Certain Performance Strategies

9. Mental Preparation in Sports Training **243**

- Mental Preparation of High-Level Athletes; Motivation and the Teen Brain; Physical Preparation in Sports Training; Competition and Emotional Control in Sports; Previewing a Route; Present Status of Sport Psychology; Team Dynamics

Bibliography **273**

Index **275**