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Fundamentals of Sport and Exercise Psychology (Fundamentals of Sport and Exercise Science)

Alan Kornspan

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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, 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 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 exercise and sport psychology, 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 exercise and fitness. The emerging areas of counseling athletes regarding life skills and clinical issues are also discussed.

To provide a convenient cost-effective option, *Fundamentals of Sport and Exercise Psychology* is also available as an **e-book.** The e-book is available at a reduced price and allows students to electronically highlight text and take notes. When purchased through the Human Kinetics site, access to the e-book is immediately granted when the order is received.

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 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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