

SPORT PSYCHOLOGY

Second Edition

ARNOLD LE UNES / JACK NATION

*Second
Edition*

SPORT PSYCHOLOGY

An Introduction

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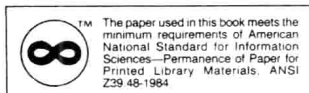
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SPORT PSYCHOLOGY

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*Consulting Editor: **Stephen Worchel***
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Preface to the Second Edition

The first edition of this text arose out of a shared belief that the field of sport psychology was in need of a comprehensive book that transcended the narrowness of perspective so common among the available texts. We feel that we accomplished our objective of creating a comprehensive book. However, the passage of time has taken its toll, and the need for a greatly updated and expanded coverage has become obvious. Readers of the second edition will benefit from the continuation of features that worked the first time. At the same time, the field of sport psychology is growing and changing as infants (adolescents?) are prone to do, and updates and alterations are warranted.

Features of this edition that have been retained include:

- *Comprehensive Coverage.* We have covered all topics of concern to sport psychologists and students and, where necessary, have added depth and breadth.
- *A Healthy Balance Between Theory and Application.* In general, the first eight chapters are devoted to theory and research applicable to psychology and sport psychology, whereas the last five chapters are more applied and deal with such topics as psychological assessment, women's sports, youth sport, coaching, and fitness.
- *Topic Coverage.* The coverage devoted to the history of sport and sport psychology is unusual. Some would say that this material is covered elsewhere in the students' coursework. This may be true for some students but we feel that, given the interdisciplinary appeal of sport psychology, coverage of sport history will be new to many. Separate coverage of women in sports is unique. Again, it can be argued, as some have done, that singling females out for elaboration is either superfluous or sexist. It is our contention that the status of women in sport is such that a separate coverage is necessary to deal with the myriad issues affecting females in sport. Some of the same kinds of statements may be relevant to a separate coverage of blacks in sport, but we feel again that the integration of minorities in sport is in its infancy and merits separate attention. Devoting space to high risk athletes is another unusual feature. Finally, a separate handling of the complex issues associated with fitness is unique to our book.
- *Pedagogical Aids.* Chapter outlines, highlighted key terms, thorough chapter summaries, student-oriented suggested readings, and tables, figures, and highlights are offered as a means of furthering student understanding of text material. Highlights are designed to present new developments as well as to provide glimpses into some of the more provocative issues within sport psychology. At the

same time, it is important to note that we have not made our book so “busy” with pictures, boxes, personal glimpses, anecdotes, and other potentially distracting devices that the reader is deprived of content coverage.

- *Test Bank.* Over eight hundred multiple-choice items were created. Many items are new to this edition and others have been recast. Most of the new and recast items have been used with students at Texas A&M University and have been scrutinized statistically for level of difficulty, ambiguous wording, and other possible problems.
- *Thirteen Chapters.* We have retained the thirteen-chapter format, with amendments and additions, which characterized the first edition. It is relatively easy to tie a thirteen- or fourteen-week semester to a text with a similar number of chapters; that tradition we have chosen to continue.

New features include:

- *Updated Chapter One.* The decline in influence of the North American Society for the Psychology of Sport and Physical Activity and the emergence of Division 47 of the American Psychological Association and the Association for the Advancement of Sport Psychology have been pivotal. Also, much work has been done in the areas of credentialing, training, employment, and ethics over the past several years, and advances in these important areas have been addressed.
- *An Expanded Coverage of Performance Enhancement and Anxiety Reduction Techniques.* More emphasis has been placed on behavioral and cognitive behavioral interventions in the establishment and maintenance of desirable sport and fitness behaviors as well as those applicable to the reduction of anxiety, which interferes with performance.
- *New Chapter Five.* What was once Cognitive Variables in Sport has been recast as Motivation in Sport, and additional emphasis has been placed on the social cognitive models of attribution theory as they apply to sport.
- *Revamped Chapters on Personality and Psychological Assessment.* Personality and assessment have been recast to provide a more cogent handling of the interrelationship between the two areas. Also, some of the tests described in the first edition have been dropped and others which have emerged of late have been added, particularly in the area of sport-specific tests where the state of the art is more fluid and changing.
- *Expanded Coverage of Athletes Who Abuse Drugs.* Most notably in this topic area, the athlete who abuses the anabolic-androgenic steroids is given expanded coverage.
- *Expansion of the Chapter on the Woman Athlete.* Most notable in this regard is the additional coverage granted to the role of the media in promoting or eradicating gender stereotypes in sport, the homophobia literature, and the eating disorders that all too often are found in female athletes.

As was the case with the first edition, there have been clear divisions of labor between the two authors. Arnold LeUnes is responsible for all chapters except 3 and 4, which were written by Jack Nation. At the same time, both authors have interacted on a constant basis to ensure that the content is factual, credible, contemporary, readable, and thought provoking.

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Carol Oglesby at Temple University who took us to task in a review of the first edition for our failure to properly deal with some facets of the female sport experience. Specifically, Dr. Oglesby pointed out that our first edition was deficient in the number of pictures devoted to women and tended, when women were included, to portray them in a negative or demeaning light. Such a portrayal was most certainly not our intent; these were errors of omission, not commission, and are not repeated in this edition.

As anyone who has undertaken a project of the magnitude of this one will readily admit, there is a price to be paid in terms of family and recreation time while revisions and updates are made. The patience and forbearance of our respective families has been most helpful. Our heartfelt thanks go out to Judy LeUnes, Leslie, Natalie, Chay, Amy, Katie, and Lyndon, and Pat Nation, Derek Nation, and Shannon, Jamie, and Hunter Harris.

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Introduction to Sport Psychology

Introduction

Psychology Defined

Sport Defined

Sport Psychology Defined

What Do Sport Psychologists Do?

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