



SPORT AND EXERCISE PSYCHOLOGY

PRACTITIONER CASE STUDIES

Edited by
**Stewart Cotterill,
Neil Weston and Gavin Breslin**

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Professor Brett Smith, School of Sport, Exercise and Rehabilitation Sciences,
University of Birmingham

Sport and Exercise Psychology: Practitioner Case Studies is a contemporary text focusing on current issues in the discipline of sport and exercise psychology. Integrating research and practice in order to develop a coherent understanding of existing knowledge, future research directions and applied implications within the field, the text explores issues pertinent to the applied practitioner/supervisor and draws on expert commentary to investigate potential solutions to many key issues. Each chapter uses a case study approach to allow internationally recognized contributors to highlight and evaluate their experience across a broad range of sport and exercise performance areas. Practitioners are provided with a full range of available interventions to address specific types of psychological issue including performing under pressure, working with teams, injury rehabilitation, working with coaches, mental toughness, career transitions, athlete well-being, physical activity promotion, exercise and body image, lifestyle interventions, exercise dependence, and motor learning and control.

Sport and Exercise Psychology is supported by a range of online materials designed to help both study and practice. It presents content that is directly applicable to those seeking to enter the profession, and which can also inform the ongoing development of reflective practitioners.

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Sport and Exercise Psychology

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