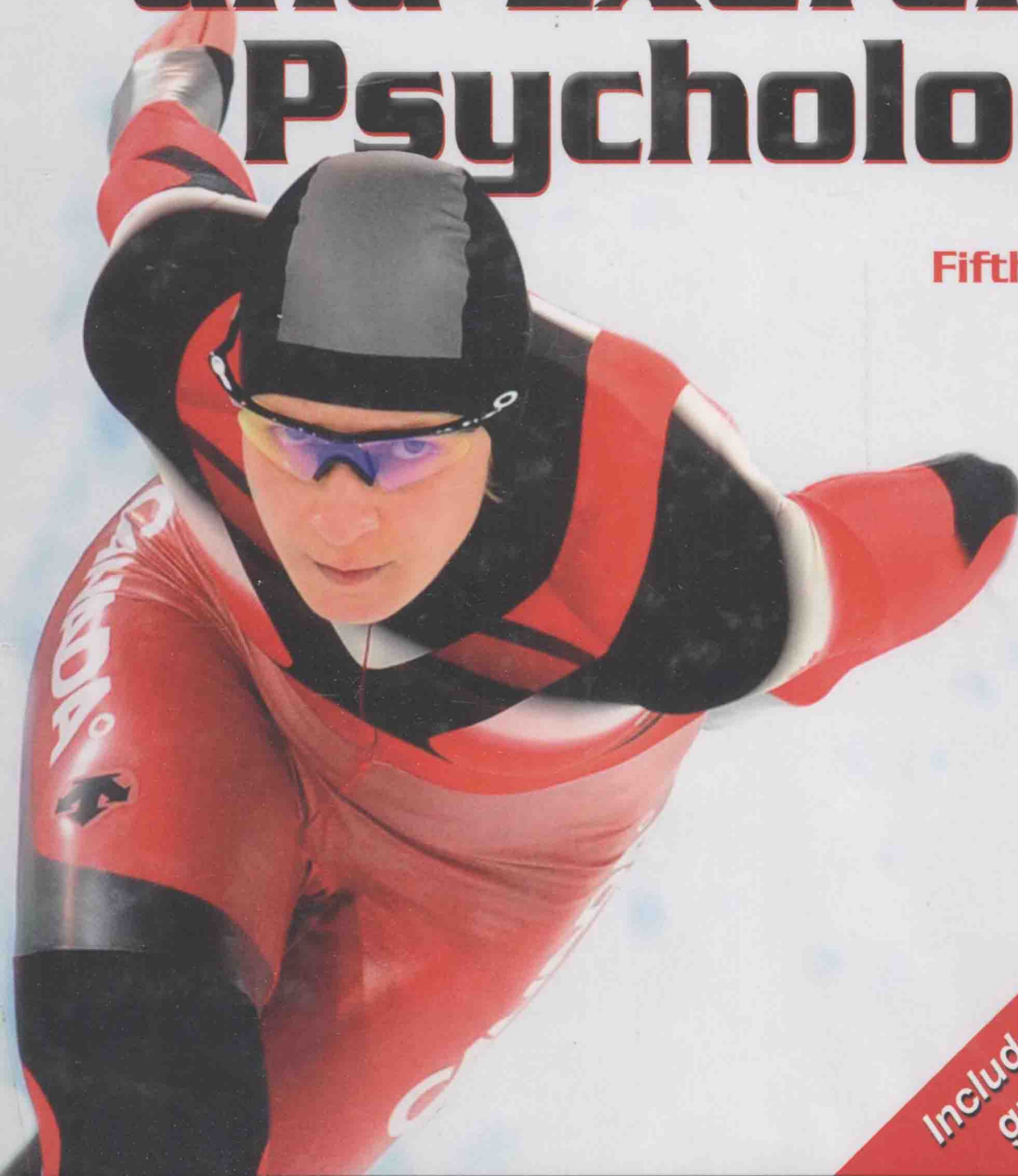


# Foundations of Sport and Exercise Psychology

Fifth Edition



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# **Foundations of Sport and Exercise Psychology**

**Fifth Edition**

**Robert S. Weinberg**



**Daniel Gould**  
Michigan State University



HUMAN KINETICS

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# To the Instructor

**S**port and exercise psychology has significantly changed our lives and the lives of many athletes, coaches, and other sport and exercise professionals with whom we have worked and trained over the years. We have felt enriched by our studies in this field, and we want to give something back to our field by writing this comprehensive, introductory text on sport and exercise psychology. In the first four editions, our goal was to create a book for introductory sport and exercise psychology classes that bridged up-to-date research and practice, capturing the best of what we had learned from coaches, scholars, exercisers, sports medicine personnel, and athletes. We have followed this general orientation in our fifth edition.

Since our first four editions, we have received a great deal of feedback from teachers and students indicating that we have been successful in reaching our goal. We have been pleased that our book has helped fill a void in the teaching of sport and exercise psychology. But as with any academic text, there is always room for improvement and updating, hence our decision to write a fifth edition. In this edition, we have held to the basic goals and objectives of our first four editions and have tried also to incorporate the insightful comments and suggestions we have received in order to make this fourth edition an even better text. But because faculty and students appeared to like our basic orientation and the design of the text, we decided not to make “wholesale changes,” although changes were most certainly made.

For example, we have updated every chapter with the latest research and practice in sport and exercise psychology. This included updating the references to include more contemporary sources. In some cases these changes were extensive because the research and subsequent implications for best practice have developed significantly. In other chapters the changes are less dramatic because those particular areas have not grown or altered significantly in the past several years. We also have presented even more contemporary practical examples, case studies, and anecdotes to help students understand various theories, concepts, and research. More in-depth questions are provided after each chapter as opportunities for students to think more critically about applying the material, leading from research to practice. In this

latest edition, we have moved to using four colors, which will hopefully make the material come to life even more and foster easier reading and comprehension.

We have also spent a lot of time on improving the ancillary package to help instructors provide the best learning environment for their students. The ancillaries explained next accompany this book. To access these ancillaries, visit [www.HumanKinetics.com/FoundationsOfSportAndExercisePsychology](http://www.HumanKinetics.com/FoundationsOfSportAndExercisePsychology):

- **Presentation Package.** The presentation package has more than 1,000 slides based on the material in the book. While we have streamlined the subject matter, we purposely did not cut a lot of content from previous editions of the slides. Not all instructors teach using all chapters in the book, and some instructors spend more time on particular chapters than others. Therefore, we didn’t want to cut content from the Presentation Package when we know it is used. Feel free to modify the slides as needed so that they fit your needs.
- **Test Package.** The test package has more than 800 multiple choice questions to choose from, based on text material. The questions have been updated to reflect the new content added to the text.
- **Instructor Guide.** The instructor guide provides instructors with a sample course outline for organizing lectures and chapters. It also includes additional class exercises, and a detailed class outline highlights key material to discuss for each text chapter.
- **Online Study Guide.** The online study guide includes exercises, audio files, and video segments that bring to life and reinforce the most salient points discussed in the text and help engage today’s learner, who has grown up using technology.

Students will receive free access to the online study guide when they purchase a new copy of the text. Included in the study guide’s features are audio interviews with top sport psychologists speaking about their research and topics from specific chapters. In

addition, there are exercises that can be completed in or out of class, sample psychological inventories, and quizzes (in the form of programmed learning with answers provided). This online guide is meant to supplement and complement what is in the text and help the material come alive. We encourage instructors to integrate this online material into their courses as they see fit.

When you finish teaching the course, we would like to hear from you regarding your thoughts on the book. We wrote this textbook for students, but instructors are in an excellent position to give feedback to help better meet the needs of students in the future. (Earlier feedback helped us immensely in revising the first four editions.) We hope you will enjoy teaching sport and exercise psychology as much as we continue to.



# To the Student

**T**he study of human behavior is at once complex and important, and thus it has intrigued people for many years. This book focuses on human behavior in certain types of situations—namely sport and exercise settings. In essence, it examines what motivates people, what angers them, and what scares them; how they regulate their thoughts, feelings, and emotions; and how their behaviors can become more effective.

Perhaps you want to be a physical educator, a coach, a fitness instructor, an athletic trainer, or even a sport psychologist. Or maybe you are simply curious about how people behave in sport and exercise settings and why they behave in these ways. In any case, *Foundations of Sport and Exercise Psychology* has been designed to meet your need for information. It will, we hope, provide you with an overview of sport and exercise psychology, bridge the gap between research and practice, convey fundamental principles of professional practice, and capture some of the excitement of the world of sport and exercise.

## YOUR ROAD MAP TO UNDERSTANDING SPORT AND EXERCISE PSYCHOLOGY

Most of you do not get into a car to begin a long trip without a destination in mind and a plan to get there. You pick a specific place and use a road map or GPS device to find the best, most enjoyable route.

Ironically, though, some students read textbooks with no plan and no educational destination (other than getting the next day's assignment completed on time). Failing to set a goal and plan of study with your textbooks is much like driving without a destination and road map or GPS: You spend a lot of time driving aimlessly.

Your understanding of sport and exercise psychology will come easier if you set a plan and keep a goal in mind while reading this text. It is our goal to provide you with the most up-to-date and relevant knowledge and information within the field of sport and exercise psychology. However, we want to bring you this knowledge in a manner that you find user-friendly and can thus easily implement it into your

daily personal and professional lives. We do not feel that your journey will be complete until you are able to take this information and use it in everyday life. You can use this introduction as a road map to achieve two goals: (a) a better understanding of sport and exercise psychology and (b) an understanding of how to use or apply sport and exercise psychology knowledge.

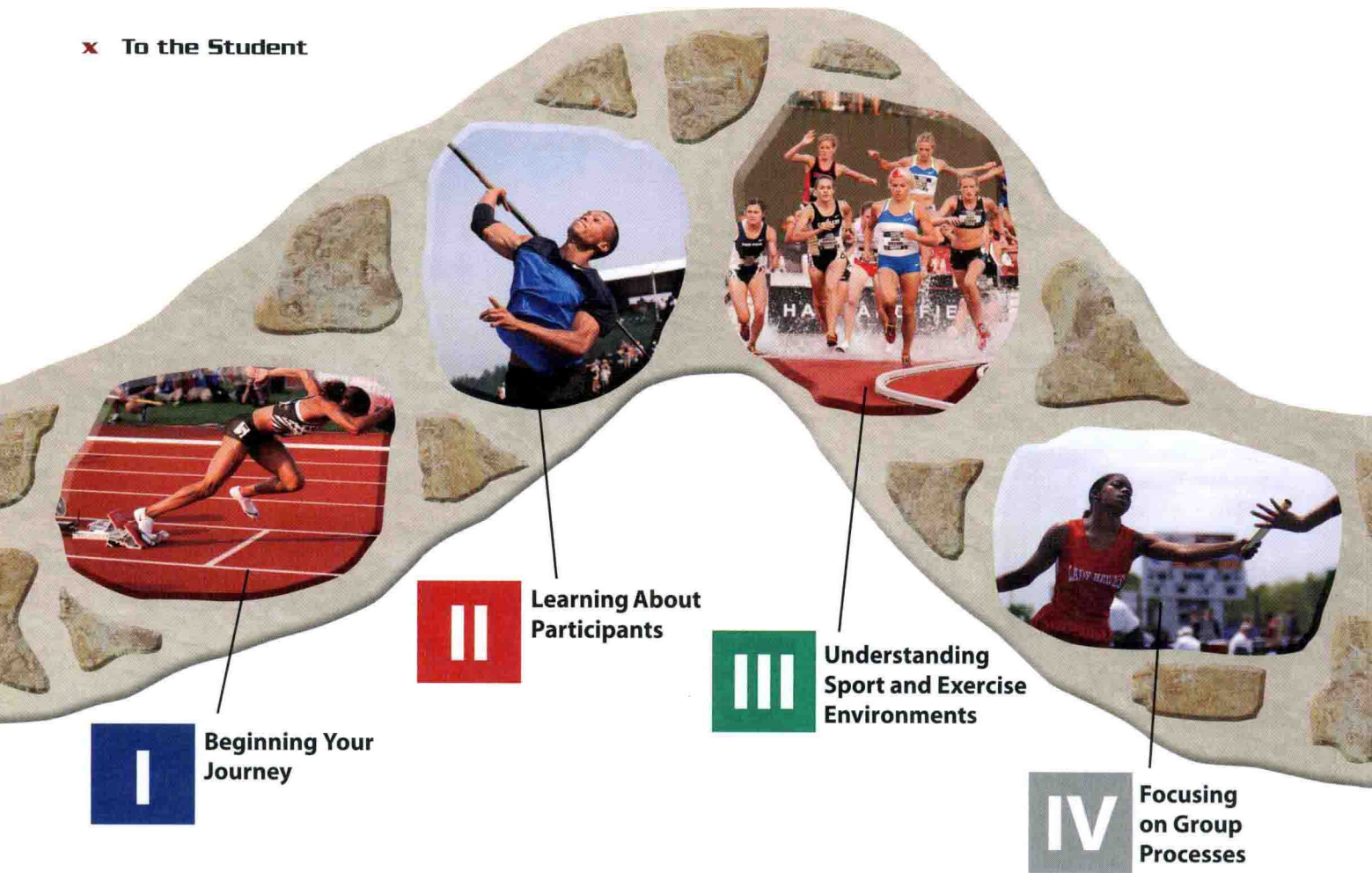
This book has seven parts:

1. Beginning Your Journey
2. Learning About Participants
3. Understanding Sport and Exercise Environments
4. Focusing on Group Processes
5. Improving Performance
6. Enhancing Health and Well-Being
7. Facilitating Psychological Growth and Development

Although these parts and their chapters work well when read in order, your instructor may elect to change the order to fit your particular class. That's okay, because we have designed each chapter to stand alone, without depending on knowledge from the previous chapters. The lone exception to this guideline is chapter 1, which we recommend should always be read first, especially if this is your introduction to the field. If it helps, think of the chapters as individual paving stones that complete a stone path. Each individual paving stone (chapter) is necessary to create a path that leads you to a destination, but you can jump over stones, skip lightly on each one, or start the path from the opposite end. All of the paving stones are necessary to complete the stone path, but you don't have to "step" on each stone to reach the end of the path.

The practical set up of each chapter will help you move through the text in whatever order your professor assigns. The model (pages x-xi) will help you tie together the specifics into a coherent whole. In it you'll see eight stops—points of interest—on your journey to understanding sport and exercise psychology. Part I, Beginning Your Journey, is where you prepare for the journey. In chapter 1 you are introduced to the field of sport and exercise psychology, its history, and its contemporary directions and likely paths for the future. You will also learn how closely research and





practice are linked and how you can make that connection even stronger.

The next stop on your journey is part II, Learning About Participants. Effective teaching, coaching, and training rest on understanding the psychological makeup of the people you work with—what makes them tick! Hence, the three chapters in this part focus on individuals, whether they are exercisers, athletes, rehabilitation clients, or physical education students. This material will help you understand people in terms of their personalities, motivational orientations, achievement motivation, competitiveness, and anxiety levels.

You must also consider the situations or environments in which people function. For this reason part III, Understanding Sport and Exercise Environments, examines major environmental influences affecting sport and exercise participants. You will learn about competition and cooperation and how feedback and reinforcement influence people.

The fourth stop on your journey is part IV, Focusing on Group Processes, which focuses on the workings of groups. Most teachers, coaches, and exercise leaders work with groups, so it is critical to understand team

dynamics, group cohesion, leadership, and communication. Topics such as group cohesion, social loafing, group structure, and leadership styles are included in this section.

Enhancing individual performance is a mainstay of sport and exercise psychology. For this reason part V, Improving Performance, is one of the longest stops on our journey, consisting of six chapters. Here you will learn how to develop a psychological skills training program to regulate arousal, use imagery to improve performance, enhance self-confidence, set effective goals, and strengthen concentration.

Part VI, Enhancing Health and Well-Being, introduces you to the joint roles of psychology and physical development in motivating people to exercise, enjoying the benefits of exercise, treating athletic injuries, and aiding rehabilitation. You will find critical information here about combating substance abuse, eating disorders, exercise addiction, and overtraining.

One of the most important functions that sport and exercise professionals have is helping people with their psychological growth and character development. Part VII, Facilitating Psychological Growth and



Development, concludes the text with discussions of three special issues: children in sport, aggression, and character development.

The book ends with a short section we have aptly called Continuing Your Journey. Here, we reinforce the research-to-practice orientation of the text. After studying the seven parts of the book you will have not only an excellent idea of what sport and exercise psychology involves but also specific knowledge of how to use the information effectively.

A map does little good if it's not used. This is also true of the model we have created. So, before you read a chapter, see where it fits into the overall journey. And as you read each chapter, ask yourself these questions:

1. What can I do as a professional to use this information effectively?
2. What personal and situational considerations will influence how I will use and modify this information?

3. Will my primary goal in using this information be to help participants enhance performance, develop and grow personally, or a combination of these objectives?
4. How can I integrate this information and derive efficient, effective strategies for practice?

## ASSISTANCE FOR YOUR JOURNEY

We have tried to make this book user-friendly in several ways, both through features in the textbook as well as through an online resource.

### Textbook Features

There are many items in the textbook that will help you identify and retain key information. Key points in each chapter summarize information that



is crucial to remember. Here's an example of a key point:

**Sport and exercise psychology is the scientific study of people and their behaviors in sport and exercise activities and the practical application of that knowledge.**

Sidebars highlight new research, case studies, and research-to-practice examples. Case studies are identified by this icon:




At the end of each chapter, you'll find Learning Aids—a chapter summary, a list of key terms, review questions, and critical thinking questions—that will let you know if you have a thorough grasp of the chapter's content and that will give you an opportunity for in-depth analysis of important topics.


## Online Study Guide


The online study guide (OSG) is also a valuable resource to use as you go through the book. The OSG was specifically developed to help students understand the material and concepts in this edition. The OSG includes such things as quizzes (programmed learning with answers provided, so you can better learn and understand the material in the text) and other activities to help make the material in the text come alive and give you a chance to reflect on the concepts in depth. We have interviewed some of the top sport psychologists in the world so that you can hear them talk about their work, research, and how they relate to the material in the text. You'll also be able to view video clips and complete interactive self-assessments. Throughout the book you'll see callouts to these different types of OSG activities:



**Listen:** Each part opener begins with an invitation to listen to an audio interview. You'll then have a chance to record your comments on what you've heard in a downloadable document and submit it to your instructor, if requested.

**Journey:** Each part opener also contains an activity that asks an open-ended, thought-provoking question to help you to further explore the phase of your journey through the field of sport psychology that you are learning about. 

**Discover:** Throughout each chapter, you're directed to activities that ask you to complete self-assessments or apply concepts you learned about in the text to real-world situations. Many of these activities provide you with a downloadable document that provides a framework for you to record your responses. If your instructor assigns an activity as homework, you can save the document and then submit it electronically or print the document and turn it in by hand. 

**Quiz:** Each chapter has a practice quiz that you can take to check your understanding of key concepts covered in that chapter. You'll get feedback on which answers are correct and will be able to retake the quiz as many times as you like. 

You can access the activities by going to [www.HumanKinetics.com/FoundationsOfSportAndExercisePsychology](http://www.HumanKinetics.com/FoundationsOfSportAndExercisePsychology). In some cases, your instructor might offer these activities in some other format. If your instructor has you access the activities through a learning management system (LMS), follow the instructor-provided instructions. We hope you find this OSG informative, interesting, and enjoyable—just another way to enhance the learning and appreciation of the material presented in this textbook. Begin your OSG experience by completing these first two activities:

### DISCOVER

To assess your current level of knowledge about sport and exercise psychology, take the short quiz in the OSG (see Introduction Activity 1).

### DISCOVER

Complete Introduction Activity 2 to consider the reasons for learning about the field of sport and exercise psychology.

# Acknowledgments

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**T**he fifth edition of this book would not have been possible if not for the tireless work of countless dedicated sport and exercise psychologists throughout the world. It is because of their research, writing, and consulting that the field has advanced so far in recent years, and it is for this reason that we acknowledge all their efforts.

We would also like to recognize the teachers, coaches, and athletes with whom we have had the opportunity to consult. Indeed, they have taught us a great deal about sport and exercise psychology.

We would like to thank the staff at Human Kinetics for helping make this book possible. In particular, special thanks to acquisitions editor Myles Schrag,

developmental editor Amanda Ewing, and assistant editor Casey Gentis for their careful attention to detail with all the changes necessary in such a large revision. Dan would also like to thank Nori Pennisi for all her help editing and organizing materials for this edition of the book.

Finally, we would like to acknowledge our families. In particular, Dan would like to thank his wife, Deb, and children, Kevin and Brian. Bob would like to thank his wife, Cynthia, his mom and dad (who passed away since the completion of the fourth edition), his brother Randy, and his children, Josh and Kira. They all deserve a great deal of thanks for their unconditional support. So, thanks everybody.





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# **Beginning Your Journey**

► Where do you fit in the field of sport and exercise psychology?



In this beginning section, we'll focus on getting you, the future sport and exercise science practitioner, started on your journey to understanding sport and exercise psychology. First, to inform you of the nature of sport and exercise psychology, we'll describe what this ever-growing field involves. Chapter 1 introduces you to the field, details some of its history, and defines its current status. Here we'll describe what sport and exercise psychologists do, discuss orientations to studying the field, and present the field's future directions and opportunities. Because bridging science and practice is an important concept, the chapter also introduces the main ways in which knowledge is gained in sport and exercise psychology, emphasizing the importance of teaming scientific and practical knowledge to allow you to better assist students, athletes, and exercisers psychologically. This information might also help you

decide if you want to pursue a career in sport and exercise psychology.

### LISTEN



Go to part 1 of the online study guide to meet the following experts in the field: Dan Gould, PhD; Diane L. Gill, PhD; and Rainer Martens, PhD. In this activity, you'll hear the experts discussing the evolution of sport and exercise psychology.

### JOURNEY



This activity asks you to record your expectations as you begin your journey in exercise and sport psychology.