



SPORT
PSYCHOLOGY

*Concepts and
Applications*

*Fourth
Edition*

*Richard H.
Cox*

SPORT PSYCHOLOGY

Concepts and Applications

FOURTH EDITION

RICHARD H. COX

University of Missouri-Columbia



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SPORT PSYCHOLOGY: CONCEPTS AND APPLICATIONS, FOURTH EDITION

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PREFACE

I have written this book specifically for the undergraduate student interested in exercise and sport psychology as an academic discipline. By supplementing the text material with current articles from research journals, instructors can also readily adopt the text as a foundation text for graduate students. In recent years, there has been a tremendous interest in applied sport psychology for the purpose of enhancing athletic performance. With this surge of interest in applied sport psychology, it is of critical importance that a knowledge base be presented and understood by teachers, coaches, and researchers. In this text I develop concepts that are supported by the research literature and provide examples of how these concepts can be applied in exercise and sport settings.

NEW TO THIS EDITION

In writing the fourth edition, I thoroughly edited and updated every chapter in order to make the book as current as possible. In so doing I have continued to provide documentation of important topics. However, in order to avoid too much documentation I have carefully selected the most important and current references. I have also made a concerted effort to include research applications associated with women, youth sport athletes, and disabled athletes when ever possible and appropriate. Numerous new illustrations and photographs have been carefully selected and included. Many of the new photographs include pictures of women, children, and disabled athletes. Subtle changes and improvements occur throughout the fourth edition. In some chapters significant changes or additions are made. Some of these important improvements are as follows:

Chapter 1, "Introduction to Sport Psychology," now contains an important table that clarifies the relationship between sport psychology associations and professional journals. Other improvements in this chapter relate to the removal of less important material.

Chapter 2, "Personality and the Athlete," now contains a new section on the humanistic theory of personality development. The inclusion of this important theory provides a more rounded treatment of the explanation of how personality develops in an individual.

Chapter 3, "Attention in Sport," has been improved by eliminating peripheral information while at the same time focusing the discussion on new research related to physiological activation and attentional style.

Chapter 4, "Anxiety and Arousal in Sport," has been improved by clarifying a number of difficult to understand concepts, and by adding two new sections. One new section deals with intensity and direction issues associated with anxiety and performance, while a second addresses the psychology of optimal experience (Flow).

Chapter 5, "Arousal Adjustment Strategies," has been improved through updating and editing, but in addition the hypothesis that arousal adjustment strategies should closely match specific anxiety symptoms is addressed in greater detail. This is called the "matching hypothesis."

Chapter 6, "Cognitive-Behavioral Intervention in Sport," now contains a new section on coping strategies in sport, which will help readers to understand how coping strategies can manage stress, and how coping strategies can be developed, practiced, and refined.

Chapter 7, "Causal Attribution in Sport," now appears prior to the chapter on motivation and self-confidence in sport. This important change was made to make it possible to show application of the principles of causal attribution in the development of motivation and self-confidence.

Chapter 8, "Motivation and Self-Confidence in Sport," the focus of this important chapter continues to be on explaining how intrinsic motivation and self-confidence can be developed in children. Additions to the content include a discussion of the effects of external rewards on intrinsic motivation, and the importance of a child's goal orientation in developing intrinsic motivation.

Chapter 9, "Social Psychology of Sport," spectator and athlete aggression, audience effects, team cohesion, and leadership continues to be the focus of this important chapter. Careful editing and the inclusion of new research have added significantly to the quality of this chapter.

Chapter 10, "Psychobiology of Sport and Exercise," has been significantly bolstered in the fourth edition. Separate sections are now provided on the important topics of exercise psychology, overtraining and burnout, psychology of athletic injuries, and drug abuse by athletes. The section on exercise psychology has been upgraded by including new sections on theories of exercise behavior, social physique anxiety, exercise addiction, and eating disorders.

PEDAGOGY

A significant number of pedagogical aids have been included in the text for the benefit of students, teachers, and coaches. Most significantly, many sports-related examples are included throughout each chapter. "Concepts and applications" boxes are inserted after major themes and topics in each chapter. These boxes highlight and refocus the reader's attention to important concepts immediately after they are discussed. These concepts are derived from the pertinent scientific literature and are followed by suggested applications for the coach or teacher.

Other important pedagogical aids included in each chapter are key terms, chapter summaries, review questions, a glossary, and recommended readings.

The key terms, which appear at the beginning of each chapter, draw the student's attention to important terms and concepts. They appear in the glossary and in boldface type where they are introduced in the text.

SUPPLEMENTS

An Instructor's Manual and Test Bank is also available. This manual includes test questions for every chapter, along with answer keys.

ACKNOWLEDGMENTS

I am indebted to a host of people who have contributed to the completion of this work.

First of all, to my wife, Linda, and my four children, Candice, Clayton, Ryan, and David, for their patience and forbearance.

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Eastern Montana College

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Finally, I am most grateful to the reserve librarians at the University of Missouri-Columbia, who were more than happy to help me locate foreign and other references not in the library.

Richard H. Cox

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SPORT PSYCHOLOGY

Concepts and Applications



1

INTRODUCTION TO SPORT PSYCHOLOGY

KEY TERMS

- ▶ *AAASP*
- ▶ *academic sport psychology*
- ▶ *APA*
- ▶ *applied sport psychology*
- ▶ *clinical/counseling sport psychologist*
- ▶ *CSPLSP*
- ▶ *educational sport psychologist*
- ▶ *Griffith, Coleman Roberts*
- ▶ *Henry, Franklin M.*
- ▶ *ISSP*
- ▶ *Lawther, John*
- ▶ *NASPSPA*
- ▶ *Ogilvie, Bruce*
- ▶ *research sport psychologist*
- ▶ *Slater-Hammel, Arthur*
- ▶ *SPA*
- ▶ *Sport Psychology Registry*
- ▶ *Triplett, Norman*
- ▶ *USOC*

Sport is something that
everyone can enjoy.
Courtesy University of
Missouri-Columbia
Sports Information