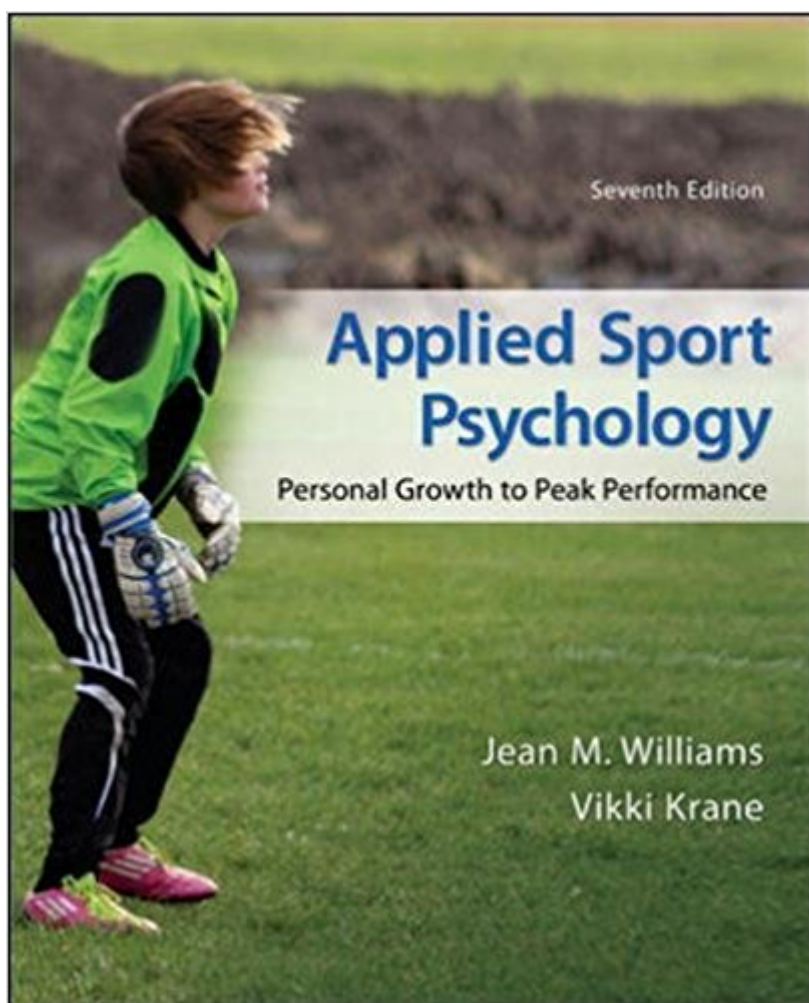


The book was found

# Applied Sport Psychology: Personal Growth To Peak Performance (B&B Physical Education)



## Synopsis

Applied Sport Psychology was written to introduce readers to psychological theories and techniques that can be used to enhance performance and personal growth of sport participants from youth to elite levels. The four-part organization covers learning, motivation, and social interaction; mental training for performance enhancement; implementing training programs; and enhancing health and well-being. This edition reflects the latest research, practice, and anecdotal examples in applied sport psychology. Applied Sport Psychology is particularly well suited as a text for classes in applied sport psychology and psychology of coaching. The book is also a valuable reference for practicing coaches, sport psychologists, and psychologists. Instructors and students can now access their course content through the Connect digital learning platform by purchasing either standalone Connect access or a bundle of print and Connect access. McGraw-Hill Connect<sup>®</sup> is a subscription-based learning service accessible online through your personal computer or tablet. Choose this option if your instructor will require Connect to be used in the course. Your subscription to Connect includes the following:

- SmartBook<sup>®</sup> - an adaptive digital version of the course textbook that personalizes your reading experience based on how well you are learning the content.
- Access to your instructor's homework assignments, quizzes, syllabus, notes, reminders, and other important files for the course.
- Progress dashboards that quickly show how you are performing on your assignments and tips for improvement.
- The option to purchase (for a small fee) a print version of the book. This binder-ready, loose-leaf version includes free shipping.

Complete system requirements to use Connect can be found here:  
<http://www.mheducation.com/highered/platforms/connect/training-support-students.html>

## Book Information

Series: B&B Physical Education

Paperback: 576 pages

Publisher: McGraw-Hill Education; 7 edition (April 15, 2014)

Language: English

ISBN-10: 0078022703

ISBN-13: 978-0078022708

Product Dimensions: 7.7 x 0.9 x 9.1 inches

Shipping Weight: 1.6 pounds (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars 13 customer reviews

Best Sellers Rank: #11,516 in Books (See Top 100 in Books) #6 in Books > Health, Fitness &

Dieting > Psychology & Counseling > Forensic Psychology #6 in [Books](#) > Medical Books > Psychology > Forensic Psychology #17 in [Books](#) > Sports & Outdoors > Miscellaneous > Sports Psychology

## Customer Reviews

Jean M. Williams is a professor emeritus at the University of Arizona where she served in the Department of Exercise and Sport Science and the Department of Psychology. She taught courses in stress and coping and psychology of excellence and consulted with intercollegiate athletes and coaches and with top amateur and professional athletes as well as supervised consulting. Dr. Williams has published nine books (seven edited) and more than 100 research articles and book chapters. Her research focused on psychology of injury, psychology of excellence, group dynamics and productivity, and exercise and mental health. She is a past president, fellow, and certified consultant in the Association of Applied Sport Psychology and a fellow in the National Academy of Kinesiology. Vikki Krane is a professor with the School of Human Movement, Sport, and Leisure Studies at Bowling Green State University. Her research focuses on gender and sexuality issues in sport psychology. Dr. Krane is a former editor of *The Sport Psychologist* and the *Women in Sport and Physical Activity Journal* and has been an editorial board member for the *Psychology of Sport and Exercise*, *The Sport Psychologist*, *Journal of Applied Sport Psychology*, and *Qualitative Research in Sport & Exercise*. She is a fellow of AASP and the National Academy of Kinesiology. As a certified consultant, AASP, Krane has consulted with a variety of athletes, including high school, rising elite adolescents, and college athletes.

The book content itself is great. However, the book did come in a little dented. Not sure how to claim that but it did come quickly.

This is an excellent book. Its content is practical and very applicable for coaches and people working with and around athletes. One of the better books I have read.

Used this for Psychology of Sport 320 and it's excellent at explaining theories and building onto one another. Honestly wish I had more time to read this book through my semester.

Great book, but very hard to read. I don't know about the paper book but reading it on Kindle Mac is really a torture. My eyes. Ah

The most helpful book of all that I have had to purchase for school!!!

Helped me pass my class and a very easy read. Shipping and returning was very simple which was of great help. Book was good as new

Decent book with studies and explanations.

THANK YOU

[Download to continue reading...](#)

Applied Sport Psychology: Personal Growth to Peak Performance (B&B Physical Education)  
Applied Sport Psychology: Personal Growth to Peak Performance Young People's Voices in  
Physical Education and Youth Sport (Routledge Studies in Physical Education and Youth Sport)  
Game Sense: Pedagogy for Performance, Participation and Enjoyment (Routledge Studies in  
Physical Education and Youth Sport) Global Perception: Sport Education, Teaching of Physical  
Education and Curriculum Studies Island Peak/Mera Peak: Climbing and Trekking Map The Ascent  
of Denali: A Narrative of the First Complete Ascent of the Highest Peak in North America (Mount  
Mckinley : a Narrative of the First Complete Ascent of the Highest Peak in North America) Peak (A  
Peak Marcello Adventure) Fertility, Education, Growth, and Sustainability (The CICSE Lectures in  
Growth and Development) The Physical Educator's Big Book of Sport Lead-Up Games: A complete  
K-8 sourcebook of team and lifetime sport activities for skill development, fitness and fun! Sport  
Psychology Library: Bowling: The Handbook of Bowling Psychology Sport Facility Management  
(Jones and Bartlett Series in Health and Physical Education) The Ultimate Homeschool Physical  
Education Game Book: Fun & Easy-To-Use Games & Activities To Help You Teach Your Children  
Fitness, Movement & Sport Skills Adapted Physical Education and Sport - 4th Edition Foundations  
of Physical Education, Exercise Science, and Sport Adapted Physical Education and Sport - 5th  
Edition A History and Philosophy of Sport and Physical Education: From Ancient Civilizations to the  
Modern World Adapted Physical Education and Sport 6th Edition With Web Resource Mind Control,  
Human Psychology, Manipulation, Persuasion and Deception Techniques Revealed. ( dark  
psychology, mind control, hypnosis, forbidden psychology, manipulation)) Exercise Physiology:  
Theory and Application to Fitness and Performance (B&B Physical Education)

Contact Us

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)