

Contents

To the Instructor vii
To the Student ix
Acknowledgments xiii

Part I

Beginning Your Journey 1

Chapter 1 Welcome to Sport and Exercise Psychology 3

Defining Sport and Exercise Psychology 4 | Specializing in Sport Psychology 4 | Distinguishing Between Two Specialties 5 | Reviewing the History of Sport and Exercise Psychology 7 | Focusing on Sport and Exercise Psychology Around the World 11 | Bridging Science and Practice 12 | Choosing From Many Sport and Exercise Psychology Orientations 17 | Understanding Present and Future Trends 18 | Learning Aids 21

Part II

Learning About Participants 25

Chapter 2 Personality and Sport. 27

Defining Personality 27 | Understanding Personality Structure 28 | Studying Personality From Five Viewpoints 29 | Measuring Personality 34 | Using Psychological Measures 37 | Focusing on Personality Research 40 | Examining Cognitive Strategies and Success 43 | Identifying Your Role in Understanding Personality 46 | Learning Aids 47

Chapter 3 Motivation 51

Defining Motivation 51 | Reviewing Three Approaches to Motivation 52 | Building Motivation With Five Guidelines 55 | Developing a Realistic View of Motivation 59 | Understanding Achievement Motivation and Competitiveness 61 | Identifying Four Theories of Achievement Motivation 62 | Developing Achievement Motivation and Competitiveness 68 | Using Achievement Motivation in Professional Practice 70 | Learning Aids 73

Chapter 4 Arousal, Stress, and Anxiety 77

Defining Arousal and Anxiety 77 | Measuring Arousal and Anxiety 80 | Defining Stress and Understanding the Stress Process 82 | Identifying Sources of Stress and Anxiety 83 | Connecting Arousal and Anxiety to Performance 85 | Applying Knowledge to Professional Practice 95 | Learning Aids 98

Part III

Understanding Sport and Exercise Environments 101

Chapter 5 Competition and Cooperation 103

Defining Competition and Cooperation 104 | Viewing Competition As a Process 105 | Reviewing Studies of Competition and Cooperation 110 | Determining Whether Competition Is Good or Bad 114 | Enhancing Cooperation 117 | Learning Aids 121

Chapter 6 Feedback, Reinforcement, and Intrinsic Motivation 125
Principles of Reinforcement 126 | Approaches to influencing Behavior 126 | Guidelines for Using Positive Reinforcement 127 | Guidelines for Using Punishment 131 | Behavior Modification in Sport 133 | Intrinsic Motivation and Extrinsic Rewards 138 | Cognitive Evaluation Theory 142 | How Extrinsic Rewards Affect Intrinsic Motivation in Sport 145 | Strategies for Increasing Intrinsic Motivation 148 | Flow—A Special Case of Intrinsic Motivation 148 | Learning Aids 154

Part IV **Focusing on Group Processes** **157**

Chapter 7 Group and Team Dynamics 159
Recognizing the Difference Between Groups and Teams 160 | Identifying Three Theories of Group Development 160 | Understanding Group Structure 163 | Creating an Effective Team Climate 167 | Maximizing Individual Performance in Team Sports 170 | Learning Aids 177

Chapter 8 Group Cohesion 179
Definition of Cohesion 180 | Conceptual Model of Cohesion 181 | Tools for Measuring Cohesion 183 | Relationship Between Cohesion and Performance 186 | Other Factors Associated With Cohesion 188 | Strategies for Enhancing Cohesion 191 | Guidelines for Building Team Cohesion 194 | Learning Aids 199

Chapter 9 Leadership 203
Definition of Leadership 203 | Approaches to Studying Leadership 204 | Sport-Oriented Interactional Approaches to Leadership 209 | Research on the Multidimensional Model of Sport Leadership 214 | Four Components of Effective Leadership 217 | The Art of Leadership 221 | Learning Aids 221

Chapter 10 Communication 225
Understanding the Communication Process 226 | Sending Messages Effectively 228 | Receiving Messages Effectively 232 | Recognizing Breakdowns in Communication 236 | Improving Communication 237 | Dealing With Confrontation 238 | Delivering Constructive Criticism 240 | Learning Aids 242

Part V **Improving Performance** **245**

Chapter 11 Introduction to Psychological Skills Training 247
What Psychological Skills Training Entails 248 | Why PST Is Important 248 | Why Sport and Exercise Participants Neglect PST 250 | Myths About PST 251 | PST Knowledge Base 253 | PST Effectiveness 254 | Three Phases of PST Programs 254 | Self-Regulation: The Ultimate Goal of PST 257 | Who Should Conduct PST Programs 258 | When to Implement a PST Program 258 | PST Program Development 260 | Common Problems in Implementing PST Programs 266 | Learning Aids 267

Chapter 12 Arousal Regulation 271
Increasing Self-Awareness of Arousal 272 | Using Anxiety Reduction Techniques 273 | Exploring the Matching Hypothesis 281 | Coping With Adversity 282 | Using Arousal-Inducing Techniques 287 | Learning Aids 289

Chapter 13 Imagery 293

Defining Imagery 294 | Evidence of Imagery's Effectiveness 295 | Imagery in Sport: Where, When, Why, and What 296 | Factors Affecting the Effectiveness of Imagery 300 | How Imagery Works 301 | Uses of Imagery 303 | Keys to Effective Imagery 306 | How to Develop an Imagery Training Program 308 | When to Use Imagery 314 | Learning Aids 316

Chapter 14 Self-Confidence 319

Defining Self-Confidence 320 | Understanding How Expectations Influence Performance 325 | Examining Self-Efficacy Theory 329 | Assessing Self-Confidence 333 | Building Self-Confidence 334 | Learning Aids 339

Chapter 15 Goal Setting 343

Definition of Goals 343 | Effectiveness of Goal Setting 346 | Principles of Goal Setting 349 | Development of Group Goals 355 | Design of a Goal-Setting System 356 | Common Problems in Goal Setting 357 | Learning Aids 360

Chapter 16 Concentration 363

Defining Concentration 364 | Explaining Attentional Focus: Three Processes 368 | Connecting Concentration to Optimal Performance 370 | Identifying Types of Attentional Focus 371 | Recognizing Attentional Problems 372 | Using Self-Talk to Enhance Concentration 378 | Assessing Attentional Skills 381 | Improving Concentration 385 | Learning Aids 392

Part VI **Enhancing Health and Well-Being** **395****Chapter 17** Exercise and Psychological Well-Being 397

Reducing Anxiety and Depression With Exercise 398 | Enhancing Mood With Exercise 402 | Understanding Exercise's Effect on Psychological Well-Being 404 | Changing Personality and Cognitive Functioning With Exercise 406 | Enhancing Quality of Life With Exercise 409 | Examining the Runner's High 410 | Using Exercise As an Adjunct to Therapy 411 | Learning Aids 412

Chapter 18 Exercise Behavior and Adherence 415

Reasons to Exercise 416 | Reasons for Not Exercising 418 | Problem of Exercise Adherence 420 | Theories and Models of Exercise Behavior 421 | Determinants of Exercise Adherence 427 | Settings for Exercise Interventions 434 | Strategies for Enhancing Adherence to Exercise 435 | Guidelines for Improving Exercise Adherence 443 | Learning Aids 444

Chapter 19 Athletic Injuries and Psychology 447

How Injuries Happen 448 | Relationship Between Stress and Injury 450 | Psychological Reactions to Exercise and Athletic Injuries 452 | Role of Sport Psychology in Injury Rehabilitation 454 | Identify Athletes and Exercisers Who Are at Risk for Injury 456 | Learning Aids 460

Chapter 20 Addictive and Unhealthy Behaviors 463

Eating Disorders 464 | Substance Abuse 472 | Addiction to Exercise 484 | Compulsive Gambling: An Odds-On Favorite for Trouble 487 | Learning Aids 490

Chapter 21 Burnout and Overtraining 493

Definitions of Overtraining, Staleness, and Burnout 494 | Frequency of Overtraining, Staleness, and Burnout 497 | Models of Burnout 497 | Factors Leading to Athlete Overtraining and Burnout 500 | Symptoms of Overtraining and Burnout 503 | Ways to Measure Burnout 505 | Burnout in Sport Professionals 506 | Treatment and Prevention of Burnout 508 | Learning Aids 511

Part VII **Facilitating Psychological Growth and Development 513**

Chapter 22 Children and Sport Psychology 515

Importance of Studying the Psychology of Young Athletes 515 | Children's Reasons for Participation and Nonparticipation 516 | Role of Friends in Youth Sport 520 | Stress and Burnout in Children's Competitive Sport 522 | Effective Coaching Practices for Young Athletes 525 | Role of Parents 528 | The Professionalization of Children's Sports 530 | Learning Aids 534

Chapter 23 Aggression in Sport. 537

Defining Aggression 538 | Understanding the Causes of Aggression 540 | Examining Aggression in Sport: Special Considerations 544 | Applying Knowledge to Professional Practice 546 | Learning Aids 550

Chapter 24 Character Development and Good Sporting Behavior 553

Defining Character, Fair Play, and Good Sporting Behavior 554 | Developing Character and Good Sporting Behavior: Three Approaches 556 | Examining Moral Development Research 560 | Understanding the Connection Between Moral Reasoning and Moral Behavior 560 | Studying the Connection Between Character Development and Physical Activity 562 | Guiding Practice in Character Development 567 | Learning Aids 571

Continuing Your Journey

575

References 577
Index 617
About the Authors 625