

Contents

Preface	xv
----------------------	----

SECTION I OVERVIEW OF THE FIELD

CHAPTER 1 The Science of Sport Psychology	1
What Is Sport Psychology?	1
The Athlete	3
The Coach	5
The Environment	6
A Brief History of Sport Psychology	7
Different Contributions to Sport Psychology—	
Sport Science versus Psychology	9
Sport Psychology Is Multidimensional	11
What Do Sport Psychologists Do?	13
Clinical Services	13
Educational Services	13
Research Services	13
Ethics in Sport Psychology	14
Clarification of Correct Titles	14
Ethics in Sport Psychology	14
Key Points	18
Review Questions	19

SECTION II PSYCHOLOGY OF SPORT PERFORMANCE

CHAPTER 2 Personal Factors Affecting Sport Performance	20
Overview of Sport Personality	21
Separating Traits, Orientations/Styles, and Behavioral Tendencies	21
Behavioral Tendencies	22
Routines	23
In Favor of Sport Personality Testing	24
Against Personality Testing	25
Personality and Gender Roles	26
Profiling the Elite Athlete	26
Early Sport Personality Research	26
Advances in Sport Personality Research	27
Psychological Dispositions	28
Performance Expectations	31
Peak Performance	32

CONTENTS

Sport Attention and Concentration	33
Preparing an Athlete for Optimal Performance	35
Fear of Failure (FOF)	37
Fear of Success (FOS)	38
Audience Effects on Athlete's Performance	39
The Home Field Advantage	40
Talent Identification (TID): Does It Work?	40
Drugs in Sport	43
Anabolic Steroids	43
Psychological Issues of Sport Injury and Rehabilitation	45
Fears of the Injured Athlete	45
Mental Factors Affecting Return and Recovery from Injury	45
Mental Reasons for Poorer Postinjury Sport Performance	46
Recovery Strategies	47
Pain Threshold and Tolerance	48
Role of Athletic Trainers and Coaches	48
Rehabilitation Compliance Issues	49
Key Points	50
Review Questions	51
CHAPTER 3 Youth Sports: Special Considerations and Needs of Child Athletes	52
Sport Socialization: Antecedents of Sport Participation	53
General Model of Achievement and Activity Choice	53
Why Children Play Sports and Why They Drop Out	58
Why Children Participate in Sport	58
Why Children Drop Out of Sport	58
When Are Children Ready for Competition?	61
Primary Factors of Readiness	61
Signs of Readiness for Learning Sport Skills	62
Sport Commitment Model	63
The Proper Role of Parents in Youth Sport	64
Coaching Children: Positive Approaches to Avoiding Dropout	68
The Coaching Behavior Assessment System (CBAS)	69
Mastery Approach to Coaching	70
Gender Differences: Implications for Coaching Females	70
The Role of Parents	71
The Parent Orientation Meeting	72
Postseason Evaluation	74
Bill of Rights for Young Athletes	77
Concluding Thoughts and Recommendations	78
Key Points	81
Review Questions	81
CHAPTER 4 Motivation: Theory & Application	82
Defining Terms: What Is Motivation?	83
Sources of Motivation	84
Person-Centered Motivational Sources	84
Situational-Centered Motivational Sources	84
Interactive Personal and Situational Motivational Sources	85

Theories of Motivation	86
Achievement Motivation	86
Achievement Goal Theory (AGT)	87
Goal Orientation	88
Mastery and Ego Orientation	88
Application of Achievement Motivation	89
Competence Motivation Theory	89
Self-Determination Theory	90
Deci's Cognitive Evaluation Theory: Intrinsic and Extrinsic Motivation	90
Application of Cognitive Evaluation Theory	94
The Hierarchal Model of Intrinsic and Extrinsic Motivation	95
How <i>Not</i> to Motivate Athletes	98
Myth #1: Exercise for Punishment	98
Myth #2: The Pregame Prep Talk	98
Myth #3: Our Opponent Is Weak	99
Myth #4: "Our Goal Is to Win"	99
Myth #5: Treating Team Players Differently	99
Myth #6: "If They Don't Complain, They're Happy"	99
Myth #7: "What Do Athletes Know, Anyway?"	99
Myth #8: The Postgame Rampage	100
Myth #9: The Napoleon Complex	100
Myth #10: Fear!	100
Group Motivation Strategies	101
Motivating the Child Athlete	102
Motivating the Nonstarter	102
Team Motivation	103
Key Points	104
Review Questions	105

CHAPTER 5 Attribution Theory: Explaining the Causes of Performance

Outcomes	106
Weiner's Attribution Model	107
Stability	107
Controllability/Locus of Causality	108
Weiner's Model Applied to Sport	109
Attributional Style	110
Changing Locus of Causality	111
Attributions and Skilled Athletes	113
Learned Helplessness and Hopelessness	114
Reducing Learned Helplessness: Attribution Retraining	115
Attributions and Helplessness: The Coach's Role	117
Attributions for Motivation in Sport and Exercise	118
Review of Important Concepts	120
Key Points	120
Review Questions	121

CHAPTER 6	Regulating Stress, Anxiety, and Arousal	122
	Defining Terms	123
	Theoretical Foundations	123
	Stress	124
	The Concept of Positive Stress	124
	Arousal	125
	Anxiety	126
	Anxiety about Failure and Success	127
	Ways to Measure Anxiety	128
	Arousal	130
	The Coach's Role in Game Preparation	135
	Anxiety and Arousal Reducers	136
	Effective Precontest Arousal Raisers	137
	Coaching Strategies for Half-time and Time-outs	139
	Incorrect Strategies That Increase Anxiety and Arousal	140
	Guidelines for Managing Anxiety	141
	Choking in Sport	142
	Strategies for Overcoming "The Choke"	144
	Key Points	144
	Review Questions	145
CHAPTER 7	Coping with Sport Stress	146
	What Is Coping?	147
	The Coping Process	147
	Coping	148
	Coping Styles and Coping Strategies	149
	Individual Differences in Sport Coping: Gender, Race, Culture	151
	Effective Coping	152
	Generalizability of Coping Skills	153
	Key Points	154
	Review Questions	154
CHAPTER 8	Sport Psychology Interventions	155
	Interventions	156
	Self-Regulation in Sport	156
	Cognitive Strategies (Mental Skills)	157
	Behavioral Strategies	157
	Coping with Stress	158
	Coping with Physical Discomfort and Pain	159
	Stress Inoculation Training (SIT)	159
	The COPE Model	160
	Other Stress Management Techniques	161
	Imagery	161
	Examples of Imagery Programs	161
	Objective: To Learn a New Skill or Strategy	161
	Objective: Gaining Self-Confidence	161
	Objective: Overcoming a Slump	162

Building Mental Toughness	162
Mindfulness	163
Relaxation	163
Behavioral Strategies	163
The Science of Goal Setting.	163
Team Goals.	167
Light Physical Activity/Exercise	167
Music	167
Key Points.	168
Review Questions	168
CHAPTER 9 Aggression in Sport	169
Defining Terms: What Is Aggression?	170
Theoretical Bases of Aggression	172
Biological/Instinct Theories.	172
The Catharsis Hypothesis	173
Frustration-Aggression Hypothesis	174
Social Learning Theory.	176
Aggression and Sport Performance	177
Arousal, Aggression, and Sport Performance	177
Pros and Cons of Aggressive Performance	178
The Assertive Athlete	179
Implications for Coaches and Athletes	179
Gender Differences and Aggression in Sport	181
Mental Control of Anger	182
Anger Management Strategies.	182
Spectators and Violence in Sport	184
Key Points.	185
Review Questions	186
CHAPTER 10 Athletes Speak for Themselves.	187
About Practice	189
Pregame Issues	190
During the Game	192
Postgame Behaviors	193
Behaviors Off the Field or Court.	195
Differing Perceptions between Coach and Athlete.	196
Key Points.	199
Review Questions	199
SECTION III COACHING PSYCHOLOGY	
CHAPTER 11 Effective Communication and Mentoring Techniques	200
Coach Communication Skills: The Need for Dialogue	201
The Ten Commandments of Effective Communication in Sport	203
I. Thou Shalt Be Honest	204
II. Thou Shalt Not Be Defensive	205
III. Thou Shalt Be Consistent	207

IV. Thou Shalt Be Empathetic	208
V. Thou Shalt Not Be Sarcastic	208
VI. Thou Shalt Praise and Criticize Behavior, Not Personality	209
VII. Thou Shalt Respect the Integrity of Others	213
VIII. Thou Shalt Use Positive Nonverbal Cues	216
IX. Thou Shalt Teach Skills.	217
X. Thou Shalt Interact Consistently with All Team Members	218
The Importance of the Nonstarter.	219
Approaching the Coach: When Athletes Take the Initiative.	219
The Coach–Athlete Meeting	219
Written Feedback	221
The Mentoring Coach.	223
The Need to Mentor Athletes	224
Team Mentoring	225
Fundamental Mentoring Skills	225
Listening	225
Showing Concern	225
Being Supportive.	226
Respecting Privacy	226
Effective Team Meetings	226
Team Meeting Procedures.	226
Planning the Team Meeting	228
Implementing the Meeting	230
The Heart of Communication: Self-Awareness	232
Key Points.	233
Review Questions	233
 CHAPTER 12 Leadership in Sport: A Matter of Style	 234
Roles of the Coach	235
Leader.	235
Follower	235
Teacher	236
Role Model.	236
Limit Setter/Disciplinarian	236
Psychologist or Counselor.	236
Mentor	237
Parent Substitute.	237
Successful versus Effective Leadership.	238
Successful (but Ineffective) Coaches	238
Effective Leaders.	239
Qualities of Effective Leaders	240
Theories of Leadership in Sport	241
Fiedler’s Contingency Model.	241
The Life Cycle Theory	243
The Multidimensional Model	244
Mediational Model.	245
Theory X and Theory Y	246

Tannenbaum and Schmidt's Model	247
What Leadership Theories Do and Do Not Tell Us	248
Leadership Styles	249
Autocratic Coaching	249
Behavioristic Coaching	251
Humanistic Coaching	254
Democratic Coaching	257
Applying Different Coaching Styles in Sport	259
What We Still Don't Know about Sport Leadership	259
The Workaholic Coach	260
Coaches Speak for Themselves	261
Do Coaches and Athletic Directors Accept Sport Psychology Service?	263
Key Points	264
Review Questions	265
 CHAPTER 13 Team Cohesion and Group Dynamics	 266
How a Group Becomes a Team	267
Evolution of a Team	268
Forming	268
Storming	268
Norming	269
Performing	269
A Who's Who of Team Personnel	269
Qualities of an Effective Team	270
Developing an Effective Team Climate	271
Factors That Most Affect Team Climate	271
Team Climate Checklist for Athletes	274
Group Dynamics: The Roles and Interactions of Team Members	275
Everyone Has a Role	275
The Positive Leader	275
The Negative Leader	276
The Follower	277
The Isolate	277
The Scapegoat	279
The Comedian (Clown)	280
Team Cohesion	281
What Is Group Cohesion?	281
Measuring Group Cohesion	281
Group Cohesion Inventories	282
Factors That Influence Group Cohesion	283
Collective Efficacy: The Group's Beliefs about Member Competence	285
Does Cohesion Affect Player Satisfaction?	286
Does Cohesion Affect Team Performance?	286
Factors That Inhibit Cohesion	288
Suggestions for Improving Team Cohesion	288

Self-Handicapping (SH)	289
Social Loafing	290
Key Points	291
Review Questions	291

SECTION IV PSYCHOLOGY OF PHYSICAL ACTIVITY

CHAPTER 14 Applied Exercise Psychology: An Emerging Area in Sport Psychology	293
What Is Exercise Psychology?	295
Exercise Motivation: A State of Mind	296
Measuring Exercise Motivation	296
Exercise Barriers	297
Psychological Benefits of Exercise	299
Stress Reduction	299
Anxiety Management	299
Mood Effects	300
Self-Esteem Support	300
Theories and Models in Exercise Psychology	300
Health Belief Model	300
Theories of Reasoned Action and Planned Behavior	301
Self-Determination Theory	303
Self-Efficacy Theory	303
Transtheoretical Model	304
Exercise Adherence and Compliance	306
Why Exercisers Quit: Exercise Barriers	307
Exercise Interventions	307
Exercise Adherence Strategies: How Exercisers Can Avoid Quitting	307
Resistance (Strength) Training	308
Strategies for Enhancing Exercise Adherence and Compliance	309
Exercise Addiction/Dependence	311
Positive Addiction to Exercise	311
Negative Addiction to Exercise: A Mental Disorder?	312
How to Avoid Negative Exercise Addiction	314
Exercise Interventions: Applying Exercise Psychology	314
Behavioral Strategies	314
Cognitive Strategies	322
Key Points	324
Review Questions	325
 CHAPTER 15 Conclusions and Future Directions	326
Challenges in the Future Development of Sport Psychology	326
Future Directions and Recommendations	328
The Emergence of Exercise Psychology	331

CONTENTS

Re-examining the Field of Sport Psychology:	
Where Are We Going?	331
Limitations and Overcoming Obstacles	331
Challenges to New Graduates.	333
Recommendations for Future Graduates.	336
APPENDIX Research and Measurement in Sport Psychology	339
References	349
Index	373