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Applied Sport Psychology: A Case-Based Approach

By Brian Hemmings

Wiley. Paperback. Book Condition: New. Paperback. 268 pages. Dimensions: 9.5in. x 6.6in. x 0.6in. Taking a refreshingly different approach to the subject, this new textbook uses original case studies of psychological support work with individual athletes and groups to illustrate the underlying theory and inform the reader of cutting edge practice in the field. It addresses real world issues and helps the student understand the problems and challenges that the sport psychologist faces and is employed to resolve. The book begins by exploring the use of case studies as a professional method for disseminating applied knowledge and practice in sport psychology. The remaining chapters constitute the core of the book: the case studies themselves. Each case study demonstrates scientific rigour in reporting the background information, initial assessment, intervention and monitoring, evaluation of the intervention, and also considers consultant effectiveness through reflective practice. The chapters also contain summaries and an accompanying set of questions for students. Written by a team of experienced practitioners this book shows how sport psychology actually works in practice. As such it will prove invaluable to students of sport psychology in both sport and exercise science and psychology programmes. It will also be an extremely useful resource for...



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Reviews

Extensive information for book fans. It is written in basic words and never hard to understand. It is extremely difficult to leave it before concluding, once you begin to read the book.

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This publication is great. It is full of wisdom and knowledge. You will not really feel monotony at any time of the time (that's what catalogs are for relating to when you ask me).

-- **Dr. Everett Dicki DDS**