



## Solutions in Sport Psychology

*Ian M. Cockerill*

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# Solutions in Sport Psychology

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This innovative text, authored by a well-qualified team, offers an applied introduction to the growing subject of sports psychology. It addresses the key challenges facing lecturers and students in the area by comprehensively covering a diverse range of topics, reflecting relevant research, and applying theory to practice. Assuming no prior knowledge of the subject, this accessible book covers the fundamentals of sport psychology and demonstrates how theory can be applied in practice. Each chapter opens with a description of a specific case that is dealt with as the chapter proceeds. The reader is then taken through the background theory, and relevant research and literature, before being presented with a proposed 'solution' to this opening problem.

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