

Download Sport Psychology Theory To Practice

Mark H. Anshel is a professor in the Department of Health, Physical Education, Recreation, and Safety at Middle Tennessee State University. He has consulted with sports teams, ranging from youth sports to professional levels, and has applied the sport psychology literature in both medical and corporate settings. Sport psychology is an interdisciplinary science that draws on knowledge from many related fields including biomechanics, physiology, kinesiology and psychology. The Psychology of Exercise: Integrating Theory and Practice, fourth edition, continues to weave together theory, research, application, and interventions to provide readers with a solid foundation in exercise psychology. Audio/Video Lectures. Free Science and Video Lectures Online! Discovering Psychology from learner.org has many interesting videos