



Exploring Sport and Exercise Psychology

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This volume is intended for psychologists, kinesiologists, physical education specialists and students interested in exploring opportunities in sport and exercise psychology. It provides an overview of applications, interventions and practice issues in the field. Readers should learn how to help athletes attain peak performance, to use exercise to help alleviate the symptoms of mental illness in patients, and to promote exercise among the general population. Popular interventions for peak performance (including imagery training, intensity regulation and goal-setting) are featured along with population-specific advice (includes college and elite athletes), education and training needed to specialise and tips how to get started in the field. Leaders in the field have been brought together to comment on their specific areas of expertise.

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