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Psychological Dynamics of Sport and Exercise (Hardback)

By Diane Gill

Human Kinetics Publishers, United States, 2017. Hardback. Condition: New. 4th edition. Language: English . Brand New Book. Psychological Dynamics of Sport and Exercise, Fourth Edition, reflects the latest developments in the field of sport and exercise psychology and presents various applications in a range of physical activity settings. The text emphasizes practical theory, which allows students pursuing careers in teaching, coaching, consulting, exercise instruction and leadership, sports medicine, rehabilitation, and athletic training environments to enhance physical activity experiences for all based on the best available knowledge. With emphasis on practical application, readers can incorporate sport and exercise psychology into both their professional and personal experiences. Authors Diane L. Gill, Lavon Williams, and Erin J. Reifsteck highlight key theoretical work and research to provide guidelines for using sport and exercise psychology in professional practice and personal physical activities. The fourth edition of Psychological Dynamics of Sport and Exercise includes reorganized, revised content and relevant, up-to-date research to emphasize the areas of change and growth in the field in recent years. Specific updates to this edition include the following: - Part IV on emotion is now expanded to include two in-depth chapters--one focusing on emotion and performance and one on physical activity...



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Reviews

An incredibly great book with perfect and lucid answers. Better than never, though i am quite late in start reading this one. You will not sense monotony at whenever you want of the time (that's what catalogues are for relating to if you question me).

-- **Nannie Lindgren Jr.**

The most effective publication i ever read through. I could possibly comprehend almost everything using this composed e pdf. I am very easily could get a enjoyment of reading through a composed pdf.

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