

This book aims to provide students and professionals with a comprehensive array of information that bridges the gap between research and practice while explaining basic concepts and principles. The book demonstrates how sport and exercise psychology concepts and principles can be applied to counselling, teaching, coaching, sports medicine and fitness instruction. Practical examples, case studies and anecdotes help readers to understand different theories. Concepts and research, along with in-depth questions at the end of each chapter, guide readers from research to practice and enable critical thinking.

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