



Essential Readings in Sport and Exercise Psychology

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For the first time, the most influential readings in the field of sport and exercise psychology are compiled here in one volume. *Essential Readings in Sport and Exercise Psychology* contains the most exciting, innovative, and diverse theoretical orientations and research perspectives generated in the first hundred years of this growing field. In this book, readers will find abridged versions of 50 readings that provide a concise reference to the history, growth, development, and future directions of the field.

The book is written by an all-star cast of sport psychologists—all leading professionals from around the world who have been included in a variety of literature reviews and used as references in numerous sport psychology lectures. From the first research article in the field by Norman Triplett in 1898 to papers regarding the more recent challenges of professional practice in the field, the selections in this compilation are the backbone of sport and exercise psychology. Readers will learn about the development and application of commonly used instruments, such as the Competitive State Anxiety Inventory-II, the Group Environment Questionnaire, and the Sport Imagery Questionnaire. This book contains one of Coleman Griffith's influential early writings, Rainer Martens' explorations of science and practice, Ken Ravizza's pioneering work on peak experience, and Robin Vealey's investigation of psychological skills training. These readings are only a few examples of the depth and richness of the content contained in this single volume.

The field couldn't be more ready for this first-ever compilation of key readings. The diverse selection of writings is a sign of the field's maturity, and each reading provides valuable context to the progress of exercise and sport psychology. Professionals interested in the development of the subdiscipline will find this text to be an excellent single-volume reference of the important primary research documenting the evolution of the field.

Anyone with a passion for sport psychology will benefit from this groundbreaking text. Sport psychology students will gain a solid background for future studies by reviewing proven primary research from the field's biggest names and gain an understanding of how various lines of study have evolved. Experienced scholars and practitioners will enjoy the convenience of having seminal articles all in one essential reference. Instructors will save time by using this inclusive single volume rather than searching for key articles individually.

The 50 essential readings in the landmark text are organized in a logical structure that mirrors the path of many texts in the field. Introductions to each part and article orient the reader to the topic being discussed. Part I establishes the historical foundation of sport and exercise psychology. Part II addresses personal factors that affect our understanding of sport and exercise behavior. Part III focuses on environmental and situational factors that affect athletic behavior. Part IV emphasizes the importance of understanding group processes. Part V examines various concepts associated with performance enhancement. Part VI explores the influence psychological factors have on exercise, health, and wellness. Part VII studies how psychological development, growth, and well-being occur and may be facilitated as consequences of sport and exercise participation. The final section, part VIII, examines professional issues critical to any developing academic organization.

Essential Readings in Sport and Exercise Psychology highlights the creativity and growth in the field and shows how the field will continue to evolve by viewing these readings as the building blocks for a brighter future. There is no better text for understanding the dynamic field of sport and exercise psychology and why it has matured so dramatically and quickly.

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