



Sport and Exercise Psychology: The Key Concepts (Routledge Key Guides)

Ellis Cashmore

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Psychology is an integral element of sport today, from the applied techniques of coaches and athletes, to the socio-psychological behaviour of sport fans. *Sport and Exercise Psychology: The Key Concepts* offers an introductory guide to the vocabulary of sport psychology, to its central theories and most important avenues of research, and to its application in sports performance. Modern and historical illustrations are used throughout the text, while an extensive bibliography and index ensure that the book is an indispensable research tool for any student of sport psychology.

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