
This practical manual introduces a new concept in applied sport psychology, that is, the need to create specialists in each sporting discipline.

Sport psychology is attracting growing interest, both at a practitioner level and in psychology departments at universities. Written by an international team of practicing experts, the Sport Psychologist's Handbook begins with an overview of sports psychology and covers the fundamental concepts that a sports psychologist should consider when working with athletes. The most effective interventions are then discussed for a diverse range of over 25 sports, including team and individual sports, combat sports, equestrian sports, motor sports and winter and water sports. Interventions for athletes with disabilities are also discussed.

This is the first text to provide interventions for so many sports in one comprehensive volume. It is an indispensable guide for practising sports psychologists and postgraduate students of sports psychology, and will also be of interest to coaches and managers of athletes.

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