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Fundamentals of Sport Psychology

Sport Psychological Interventions In

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Sport Psychological Interventions in Competitive Sports xi psychological support presented in chapter 1. Sometimes psychological interventions may consist of aiding clients in understanding their problem situation and finding solutions themselves. Chapter 8 presents impact interventions, including clinical hypnosis, which have proven to be

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Sport psychological interventions can

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compensate a lack of adequate self-regulatory strategies. 29 To avoid the drop out of young athletes who have not learned to manage their emotional state,...

Sport Psychological Interventions in Competitive Sports ...

Sport psychological training, an important part of athletes' preparation, can give them the final edge in competition. This book provides a systematic structure for conducting sport psychological interventions that can be followed not only by sport

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psychologists, but also by athletes and coaches.

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Sport psychological training, an important part of athletes' preparation, can give them the final edge in competition. This book provides a systematic structure for conducting sport psychological interventions that can be followed not only by sport psychologists, but also by athletes and coaches. The authors describe sport

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psychological measures that are based on scientific knowledge and have proven to be valuable in their applied work.

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Beckmann and Anne-Marie Elbe}, year={2015} }

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Sport Psychological Interventions in Competitive Sports ...

Sport psychological interventions in competitive sports, by Jürgen Beckmann and Anne-Marie Elbe, (electronic book) Resource Information The item Sport psychological interventions in competitive sports, by Jürgen Beckmann and Anne-Marie Elbe, (electronic book) represents a specific, individual, material embodiment of a distinct intellectual or artistic creation found in University of Liverpool .

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Sport psychological interventions in competitive sports ...

The use of psychological interventions in competitive sport to enhance performance has become increasingly popular. However, the effectiveness of these interventions has been questioned by some sports psychologists. In general, educationally-based psychological interventions have produced significant increases in performance.

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Interventions in...

Shiba, sport psychological interventions in competitive sports xi psychological support presented in chapter 1 sometimes psychological interventions may consist of aiding clients in understanding their problem situation and finding solutions themselves chapter 8 presents

Sport Psychology Interventions [PDF]
Psychological Interventions in Sport. The catalyst for the development and growth of the practice of sport psychology is the

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intriguing possibility that PST interventions can create psycho-behavioral changes in athletes (Vealey, 1994). Research applications in the area of PST interventions have facilitated the acceptance of SEP professionals into the ranks of other sport-science specialists (e ...

Evaluation of Psychological Interventions in Sport and ...

components of fitness, overall/competitive sport performance, and technical tasks). 15
Previous reviews of interventions in sport

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have typical focused solely on 16 psychological techniques, and one of the earliest attempts to synthesize studies examining the 17 effects of these interventions with athletes in competitive situations was conducted by 18 Greenspan and Feltz.

Running head: PSYCHOLOGICAL INTERVENTIONS AND SPORT ...

Sport psychological interventions in competitive sports / by Jürgen Beckmann and Anne-Marie Elbe. Main Authors: Beckmann,

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Sport psychological interventions in competitive sports

Abstract Young competitive athletes are not miniature elite athletes; they are a distinct client group to whom sport psychology practitioners (SPPs) increasingly deliver services. Interventions...

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(PDF) Sport Psychology Interventions With Young Athletes ...

Author Notes. Although sport psychologists utilize numerous interventions and techniques intended to enhance the performance of athletes in competition, the selection of those interventions has not always been based on research for which adequate validity has been established. In an attempt to provide sport psychologists with a working body of accurate knowledge and suggestions for future intervention research, an analysis and synthesis of research is presented that

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addresses the efficacy of ...

Psychological Interventions with Athletes in Competitive ...

Background: Psychologists are increasingly supporting the quest for performance enhancement in sport and there is a need to evaluate the evidence base underpinning their work. **Objectives:** To synthesize the most rigorous available research that has evaluated psychological, social, and psychosocial interventions with sport performers on variables relating to their

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athletic performance, and to address some of the perplexing issues in the sport psychology intervention literature (e.g., do ...

Effects of psychological and psychosocial interventions on ...

Only six intervention studies specifically addressed the effectiveness of the psychological interventions in the context of psychological rehabilitation from sport injury. Our findings showed that psychological interventions utilizing guided imagery, goal setting, or relaxation are

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Rygen Beckmann often associated with decreased negative psychological consequences, improved coping, and reduced re-injury anxiety.

Effectiveness of psychological intervention following ...

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Sport psychological training, an important part of athletes' preparation, can give them the final edge in competition. This book provides a systematic structure for conducting sport psychological interventions that can be followed not only by sport psychologists, but also by athletes and coaches. The authors describe sport psychological measures that are based on scientific knowledge and have proven to be

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valuable in their applied work. The book is divided into two main parts. Part 1 presents the basic structure for sport psychological interventions and Part 2 focuses on concrete interventions and training measures. Part 1 further addresses the importance of personality factors for sports performance, illustrates how an athlete's personality development can be enhanced, gives basic knowledge about diagnostic tools, and discusses talent selection. The second part of the book describes basic training, which focuses mainly on relaxation techniques, as well as skills training, essential for the

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Maintaining a balanced recovery-stress state is particularly important for the avoidance of overtraining. The book illustrates how athletes' stress and recovery levels can be monitored in order to prevent overtraining. Part 2 further addresses how critical situations in an athlete's career (including, for example, conflicts, career termination, and injuries) are to be handled, presenting various impact interventions, including clinical hypnosis. The final chapter of the book presents a mental toolbox, giving the practitioner an overview that will help to

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quickly identify a problem, its possible causes, and solutions.

A comprehensive review of competitive anxiety research that has used the Sport Competition Anxiety Test, or SCAT (a trait scale), and the Competitive State Anxiety Inventory-2 (CSAI-2), as well as a description of the theoretical basis and development procedures for each scale. The actual scales for both SCAT and the CSAI-2 are contained in the text. Acidic paper. Annotation copyrighted by Book News, Inc., Portland, OR

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Ryan Beckmann is a topic of growing interest. Many professionals read journals such as The International Journal of Sports, Journal of Sport Behavior, Journal of Applied Sport Psychology, Research Quarterly for Exercise and Sport, and The Sport Psychologist. In August 2008, Monitor on Psychology, the monthly publication of the American Psychological Association (APA), featured a special issue on sport psychology. Indeed, Division 47 of APA is devoted to "the scientific, educational, and clinical foundations of exercise and sport psychology." The North American Society for

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the Psychology of Sport and Physical Activity (NASPSPA) and the Association for the Advancement of Applied Sport Psychology (AAASP) convene conferences each year to present scientific findings and new developments in a rapidly expanding field. The AAASP and other organizations also qualify professionals as certified sport and exercise psychology consultants. Finally, a visit to any bookstore will reveal the lay public's fascination with sports, as revealed in numerous self-help books and guides to perfecting athletic performance. Behavioral psychologists have studied sport psychology

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for more than three decades (Martin, Thompson, & Regehr, 2004). Applied behavior analysis (ABA), in particular, has been an instrumental approach to behavioral coaching in many sports, including baseball (Osborne, Rudrud, & Zezoney, 1990), basketball (Pates, Cummings, & Maynard, 2002), figure skating (Ming & Martin, 1996), football (Ward & Carnes, 2002), golf (Pates, Oliver, & Maynard, 2001), ice hockey (Rogerson & Hrycaiko, 2002), soccer (Brobst & Ward, 2002), swimming (Hume & Crossman, 1992), and tennis (Allison & Ayllon, 1980). ABA stresses the application of learning theory

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principles, objective measurement of athletic skills, controlled outcome evaluation, and socially significant behavior-change. Cognitive behavior therapy, or CBT, also has been a dominant approach to psychological intervention in sports (Meyers, Whelan, & Murphy, 1996; Weinberg & Comar, 1994). CBT addresses athletic performance through cognitive-change methods combined with behavioral practice and environmental modifications. The purpose of the book described in this proposal is to compile the most recent experimental and applied research in behavioral sport psychology. Several

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Journal articles have reviewed critical dimensions of behavioral sport psychology (Martin et al., 2004; Martin, Vause, & Schwartzman, 2005) but no book has covered the topic with an emphasis on ABA and CBT methodology and practice. Accordingly, Behavioral Sport Psychology: Evidence-Based Approaches to Performance Enhancement is a first of its kind volume.

Mental health within elite sport has traditionally been ignored, but recent research has shown that competitive sport can at times seriously undermine mental health

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Ryan Beckmann and that athletes are exposed to specific stressors that hinder their mental health optimisation. Mental Health and Well-being Interventions in Sport provides an indispensable guide for researchers and practitioners wanting to understand and implement sport-based intervention processes. This important book adopts an evidenced based approach, discussing the context of the intervention, its design and implementation, and its evaluation and legacy. With cases on depression, eating disorders, and athletic burnout, the book is designed to provide practitioners, policy makers and researchers

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with a cutting-edge overview of the key issues involved in this burgeoning area, while also including cases on how sport itself has been used as a method to improve mental health. Written for newcomers and established practitioners alike, the text is an essential read for researchers and practitioners in better understanding the sport setting-based intervention processes through presenting current research, theory and practice, applicable in a variety of sports settings and contexts.

Sport Psychology Interventions shows

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Professionalism how to help athletes get the most out of their sport experience and maintain a healthy lifestyle. This practical guide explains how to assist athletes at all levels in facing the special challenges and unique problems that are common in today's sports world. Sport Psychology Interventions is an important resource for sport psychologists, clinical psychologists, academic counselors, and other professionals who want to help athletes gain the maximum benefit from their sports participation.

Acquiring the winning edge in sports—the

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mental edge. Mental conditioning is now seen by many to be as critical to sports success as physical conditioning. And for parents eager to ensure their children have a winning edge—as well as a future college scholarship—nothing could be more critical to success. This book offers readers a comprehensive program to gain that winning edge, providing training tips and techniques along with helpful advice to keep in mind while competing. With practical advice on how to strengthen concentration (and when you shouldn't concentrate), talk yourself into winning, and develop routines that will lead

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to consistent improvement, the book's full personalized program will help any athlete gain over time the winning edge in any sport. With tips on how to regulate your energy to avoid exhaustion; and how to enhance your team's chemistry through sports psychology. Loaded with real-world examples from amateur and professional sports of all kinds. Applicable to not only sports-but business as well-Sports Psychology For Dummies will enhance any competitor's motivation, focus, and will to win, when facing life's toughest challenges.

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Understanding and applying psychology within youth sport settings is key to maximising young athletes' enjoyment, wellbeing, and sporting performance. Written by a team of leading international researcher-practitioners, this book is the first to offer an evidence-based introduction to the theory and practice of sport psychology for children and young athletes. It provides practical strategies and guidance for those working in or researching youth sport, demonstrating how to integrate sport psychology effectively in a variety of youth sport contexts. With real-life case studies

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Ryan Beckmann that demonstrate psychological theory put into practice, it discusses a wide spectrum of issues faced by young athletes and recommends the best approaches to addressing them. Key topics covered include: the cognitive, social, and physical development of young athletes optimising fun, motivation, and self-confidence enhancing young athletes' relationships with coaches, parents, and peers managing stress, injuries, and transitions effectively developing talent and long-term engagement in sport encouraging organisational culture change. The most up-to-date and authoritative guide to sport

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psychology for young people, this is essential reading for anyone working in youth sport.

This definitive handbook gathers all the information needed to ensure a personalized list that's hassle-free for the bride and groom as well as their guests.

This volume in the Handbook of Sports Medicine and Science series presents a concise summary of the science and practice of psychology in the context of sport. Psychological aspects central to sport

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performance such as motivation, cognition, stress, confidence, and mental preparation are examined and interventions designed to enhance individual and team performance are reviewed. Reflecting the breadth of the field, issues such as sport injury prevention and rehabilitation, athlete psychopathology, child and adolescent development, sport career termination, and the practice of sport psychology are also addressed. Published under the auspices of the Medical Commission of the International Olympic Committee, Sport Psychology shows how the performance and the overall well-being of athletes can be

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Improved by highlighting research findings and their practical application. With contributions from internationally renowned experts and useful case studies in each chapter, this handbook is an essential resource for medical doctors who serve athletes and sports teams and an invaluable reference for all students of sport psychology.

Athletes are naturally exposed to significant psychological challenges in sports, but do not wait helplessly for the assistance of sports psychologists or trainers. Instead,

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Ryan Beckmann they practise one form or another of self-regulation. Self-talk in Sport explores one such self-regulatory strategy: self-talk, the inner voice that accompanies every human being throughout their lives. Over time, research has revealed many secrets of self-talk in sport, though many others remain unveiled. This book offers you the opportunity to discover the multiple identities of our self-talk, how the “inner coach” serves as a rational counterpart to the irrational self, and what we need to do to develop our inner voice to reach its maximum self-regulatory potential. There is a

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general need for concrete interventions in sport, exercise, and performance psychology. In addition, the autonomous functioning of people is a central aim of psychological interventions that align with positive psychology and focus on people's strengths rather than weaknesses. In this volume, researchers and applied practitioners are shown how they can use self-talk interventions to strengthen people's rational self-regulation in order to deal with a variety of situations that apply to both sport and other exercise and performance contexts. Since self-talk is a tangible

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Result of cognitive processes and inner experiences that researchers and applied practitioners can barely access, Self-talk in Sport is a tool for sports psychologists to understand and interact with hidden parts within athletes that have a major impact on sport and exercise experiences and performance. A book demonstrating the diverse - both rational and irrational identities - of self-talk, as well as specific interventions to change the inner dialogue of athletes, is a fundamental piece in the education of sport scientists.

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