CONTENTS

To the Instructor vii
To the Student ix
Acknowledgments xiii

PART I Beginning Your Journey

1 Welcome to Sport and Exercise Psychology 3

Defining Sport and Exercise Psychology 4 • Specializing in Sport Psychology 4 • Distinguishing Between Two Specialties 5 • Reviewing the History of Sport and Exercise Psychology 8 • Focusing on Sport and Exercise Psychology Around the World 11 • Bridging Science and Practice 13 • Choosing From Many Sport and Exercise Psychology Orientations 17 • Understanding Present and Future Trends 18 • Learning Aids 22

PART II Learning About Participants

2 Personality and Sport 27

Defining Personality 27 • Understanding Personality Structure 28 • Studying Personality From Five Viewpoints 29 • Measuring Personality 34 • Using Psychological Measures 37 • Focusing on Personality Research 40 • Examining Cognitive Strategies and Success 44 • Identifying Your Role in Understanding Personality 46 • Learning Aids 48

3 Motivation 51

Defining Motivation 51 • Reviewing Three Approaches to Motivation 52 • Building Motivation With Five Guidelines 54 • Developing a Realistic View of Motivation 59 • Understanding Achievement Motivation and Competitiveness 59 • Identifying Four Theories of Achievement Motivation 61 • Developing Achievement Motivation and Competitiveness 67 • Using Achievement Motivation in Professional Practice 69 • Learning Aids 73

4 Arousal, Stress, and Anxiety 75

Defining Arousal and Anxiety 76 • Measuring Arousal and Anxiety 77 • Defining Stress and Understanding the Stress Process 80 • Identifying Sources of Stress and Anxiety 81 • Connecting Arousal and Anxiety to Performance 83 • Applying Knowledge to Professional Practice 94 • Learning Aids 97

PART III Understanding Sport and Exercise Environments

5 Competition and Cooperation 101

Defining Competition and Cooperation 101 • Viewing Competition as a Process 103 • Reviewing Studies of Competition and Cooperation 107 • Determining Whether Competition Is Good or Bad 111 • Enhancing Cooperation 114 • Learning Aids 119

6 Feedback, Reinforcement, and Intrinsic Motivation 121

Principles of Reinforcement 121 • Approaches to Influencing Behavior 122 • Guidelines for Using Positive Reinforcement 122 • Guidelines for Using Punishment 127 • Behavior Modification in Sport 129 • Behavior Modification and Cognitive Behavior Therapy 133 • Intrinsic Motivation and Extrinsic Rewards 134 • Cognitive Evaluation Theory 137 • How Extrinsic Rewards Affect Intrinsic Motivation in Sport 139 • Strategies for Increasing Intrinsic Motivation 142 • Flow—A Special Case of Intrinsic Motivation 144 • Learning Aids 149

PART IV Focusing on Group Processes

7 Group and Team Dynamics 153

Recognizing the Difference Between Groups and Teams 154 • Identifying Three Theories of Group Development 154 • Understanding Group Structure 157 • Creating an Effective Team Climate 162 • Maximizing Individual Performance in Team Sports 165 • Learning Aids 171

8 Group Cohesion 175

Definition of Cohesion 176 • Conceptual Model of Cohesion 177 • Tools for Measuring Cohesion 179 • Relationship Between Cohesion and Performance 182 • Other Factors Associated With Cohesion 183 • Strategies for Enhancing Cohesion 187 • Guidelines for Building Team Cohesion 190 • Learning Aids 196

9 Leadership 199

Definition of Leadership 199 • Approaches to Studying Leadership 200 • Sport-Oriented Interactional Approaches to Leadership 206 • Research on the Multidimensional Model of Sport Leadership 211 • Leadership Training Interventions 214 • Four Components of Effective Leadership 215 • The Art of Leadership 217 • Learning Aids 219

10 Communication 221

Understanding the Communication Process 222 • Sending Messages Effectively 223 • Receiving Messages Effectively 229 • Recognizing Breakdowns in Communication 233 • Improving Communication 235 • Dealing With Confrontation 238 • Delivering Constructive Criticism 240 • Learning Aids 242

PART V Improving Performance

11 Introduction to Psychological Skills Training 247

What Psychological Skills Training Entails 248 • Why PST Is Important 248 • Why Sport and Exercise Participants Neglect PST 251 • Myths About PST 252 • PST Knowledge Base 254 • PST Effectiveness 255 • Three Phases of PST Programs 256 • Self-Regulation: The Ultimate Goal of PST 257 • Who Should Conduct PST Programs 259 • When to Implement a PST Program 260 • PST Program Development 261 • Common Problems in Implementing PST Programs 267 • Learning Aids 269

12 Arousal Regulation 273

Increasing Self-Awareness of Arousal 274 • Using Anxiety Reduction Techniques 275 • Exploring the Matching Hypothesis 284 • Coping With Adversity 285 • Using Arousal-Inducing Techniques 290 • Learning Aids 292

13 Imagery 295

Defining Imagery 296 • Evidence of Imagery's Effectiveness 297 • Imagery in Sport: Where, When, Why, and What 298 • Factors Affecting the Effectiveness of Imagery 303 • How Imagery Works 304 • Uses of Imagery 307 • Keys to Effective Imagery 309 • How to Develop an Imagery Training Program 312 • When to Use Imagery 318 • Learning Aids 320

14 Self-Confidence 323

Defining Self-Confidence 324 • Understanding How Expectations Influence Performance 330 • Examining Self-Efficacy Theory 334 • Assessing Self-Confidence 339 • Building Self-Confidence 342 • Learning Aids 347

15 Goal Setting 351

Definition of Goals 352 • Effectiveness of Goal Setting 353 • Principles of Goal Setting 357 • Development of Group Goals 363 • Design of a Goal-Setting System 364 • Common Problems in Goal Setting 366 • Learning Aids 368

16 Concentration 371

Defining Concentration 372 • Explaining Attentional Focus: Three Processes 376 • Connecting Concentration to Optimal Performance 377 • Identifying Types of Attentional Focus 379 • Recognizing Attentional Problems 380 • Using Self-Talk to Enhance Concentration 387 • Assessing Attentional Skills 392 • Improving Concentration 394 • Future Developments in Concentration Training 399 • Learning Aids 400

PART VI Enhancing Health and Well-Being

17 Exercise and Psychological Well-Being 405

Reducing Anxiety and Depression With Exercise 406 • Understanding the Effect of Exercise on Psychological Well-Being 412 • Changing Personality and Cognitive Functioning With Exercise 413 • Enhancing Quality of Life With Exercise 418 • Examining the Runner's High 419 • Using Exercise as an Adjunct to Therapy 421 • Learning Aids 422

18 Exercise Behavior and Adherence 425

Reasons to Exercise 426 • Reasons for Not Exercising 428 • Problem of Exercise Adherence 430 • Theories and Models of Exercise Behavior 431 • Determinants of Exercise Adherence 438 • Settings for Exercise Interventions 445 • Strategies for Enhancing Adherence to Exercise 446 • Guidelines for Improving Exercise Adherence 453 • Learning Aids 454

19 Athletic Injuries and Psychology 457

What Is Injury? 457 • Causes of Injury 458 • Relationship Between Stress and Injury 461 • Other Psychologically Based Explanations for Injury 462 • Psychological Reactions to Exercise and Athletic Injuries 463 • Role of Sport Psychology in Injury Rehabilitation 466 • Identify Athletes and Exercisers Who Are at Risk for Injury 468 • Learning Aids 471

20 Addictive and Unhealthy Behaviors 473

Eating Disorders 474 • Substance Abuse 483 • Addiction to Exercise 496 • Compulsive Gambling: An Odds-On Favorite for Trouble 499 • Learning Aids 503

21 Burnout and Overtraining 505

Definitions of Overtraining, Staleness, and Burnout 506 • Frequency of Overtraining, Staleness, and Burnout 509 • Models of Burnout 509 • Factors Leading to Athlete Overtraining and Burnout 512 • Symptoms of Overtraining and Burnout 515 • Ways to Measure Burnout 518 • Burnout in Sport Professionals 518 • Treatment and Prevention of Burnout 521 • Learning Aids 524

PART VII Facilitating Psychological Growth and Development

22 Children and Sport Psychology 529

Importance of Studying the Psychology of Young Athletes 529 • Children's Reasons for Participation and Nonparticipation 530 • Role of Friends in Youth Sports 534 • Stress and Burnout in Children's Competitive Sport 536 • Effective Coaching Practices for Young Athletes 540 • Role of Parents 543 • The Professionalization of Children's Sports 545 • Learning Aids 549

23 Aggression in Sport 553

Defining Aggression 554 • Understanding the Causes of Aggression 557 • Examining Aggression in Sport: Special Considerations 560 • Applying Knowledge to Professional Practice 563 • Learning Aids 566

24 Character Development and Good Sporting Behavior 569

Defining Character, Fair Play, and Good Sporting Behavior 570 • Developing Character and Good Sporting Behavior: Three Approaches 572 • Examining Moral Development Research 576 • Understanding the Connection Between Moral Reasoning and Moral Behavior 577 • Studying the Connection Between Character Development and Physical Activity 579 • Guiding Practice in Character Development 584 • Learning Aids 588

Continuing Your Journey

References 593

Index 641

About the Authors 649