Contents

	Preface	vii
	Acknowledgements	х
т.	1	1
Intro	oduction	1
1	Introducing sport psychology: discipline and profession	3
Part	1 Exploring athletic performance: key constructs	45
2	Motivation and goal-setting in sport	47
3	"Psyching up" and calming down: anxiety in sport	91
4	Emotions and coping	142
5	Staying focused in sport: concentration in sport performers	184
6	Using imagination in sport: mental imagery, motor imagery and	
	mental practice in athletes	234
7	What lies beneath the surface? Investigating expertise in sport	271
Part	2 Team cohesion	319
8	Exploring team cohesion in sport: a critical perspective	321
Part	3 New directions in sport psychology	359
9	New horizons: embodied cognition and cultural sport psychology	361
	Glossary	379
	References	392
	Author index	456
	Subject index	469

۷