

Contents

Preface xi

PART I Introduction to Sport and Exercise Psychology 1

Chapter 1 The Nature of Sport, Exercise, and Physical Activity Psychology 3

Robert C. Eklund and Peter R.E. Crocker

Defining Sport and Exercise Psychology	4
Disciplinary Links	6
History of Sport and Exercise Psychology	6
Professional Competencies	9
Knowledge Translation	11
Technology in Practice	13
Summary	13
References	14

Chapter 2 Research Approaches in the Sport, Exercise, and Physical Activity Field . . 17

Martin S. Hagger and Brett Smith

Quantitative Research Approaches	18
Qualitative Research Approaches	26
Mixed-Method Research Approaches	30
Future Research Recommendations	30
Summary	32
References	33

Chapter 3 Applied Sport and Exercise or Physical Activity Psychology 37

Krista J. Munroe-Chandler and Michelle D. Guerrero

Defining the Practice	38
Psychological Skills Training	40
Emerging Research Constructs	44
Future Research Recommendations	47
Summary	48
References	49

PART II Individual Differences in Behavior 55

Chapter 4 Self-Perception in Sport and Exercise 57

Catherine M. Sabiston, Jenna D. Gilchrist, and Jennifer Brunet

Self-Esteem and Self-Concept	58
Additional Self-System Constructs in Physical Activity	64
Future Research Recommendations	67
Summary	70
References	70

Chapter 5	Self-Presentation Concerns in Physical Activity and Sport	77
	<i>Jennifer Brunet and Catherine M. Sabiston</i>	
	Self-Presentation Origins and Models	79
	Self-Presentation Tactics	82
	Measurement of Self-Presentation	84
	Self-Presentation in Sport and Physical Activity Contexts	86
	Future Research Recommendations	90
	Summary	91
	References	91
Chapter 6	Perfectionism in Competitive Sport	95
	<i>Howard K. Hall</i>	
	Debating the Meaning of Perfectionism	96
	Measurement and Classification of Perfectionism	100
	Influence of Perfectionism in Sport	103
	Future Research Recommendations	108
	Summary	109
	References	110
PART III	Socioenvironmental Factors	115
Chapter 7	Family Influences on Active Free Play and Youth Sport	117
	<i>Nicholas L. Holt, Shannon Pynn, Kurtis Pankow, Kacey C. Neely, Valerie Carson, and Meghan Ingstrup</i>	
	Definitions of Key Terms	118
	Foundational Theories and Models	118
	Family Influence on Active Free Play	120
	Family Influence on Youth Sport Participation	123
	Theoretically Driven Research Examining Parental Influence in Youth Sport	125
	Future Research Recommendations	125
	Summary	127
	References	128
Chapter 8	Peers and Psychological Experiences in Physical Activity Settings	133
	<i>Alan L. Smith, Kathleen T. Mellano, and Sarah Ullrich-French</i>	
	Conceptualization of Peers in Physical Activity Research	134
	Theoretical Perspectives	135
	Research on Peers in Physical Activity Settings	137
	Future Research Recommendations	143
	Summary	145
	References	145
Chapter 9	Leadership in Physical Activity Contexts	151
	<i>Mark R. Beauchamp, Ben Jackson, and Todd M. Loughhead</i>	
	Major Theoretical Frameworks	152
	Athlete Leadership	161
	An Integrated Framework for Leadership in Physical Activity Settings	162
	Future Research Recommendations	164
	Summary	166
	References	166

Chapter 10	Group Dynamics in Sport, Exercise, and Physical Activity Contexts.	171
	<i>Mark Eys and M. Blair Evans</i>	
	Relevancy of Group Dynamics Across Contexts.	172
	Frameworks for Group Dynamics in Physical Activity.	173
	Critical Components of Group Dynamics	174
	Future Research Recommendations	182
	Summary	184
	References	184
<hr/>		
PART IV	Behavior and Performance	189
<hr/>		
Chapter 11	Moral Behavior in Sport and Physical Activity	191
	<i>Ian D. Boardley</i>	
	Structural Development Versus Social Cognitive Perspectives on Moral Behavior	192
	Individual-Difference Variables	193
	Contextual Influences	199
	Consequences of Moral Behavior	200
	Contemporary Moral Behavior Research.	201
	Future Research Recommendations	203
	Summary	204
	References	205
Chapter 12	Performance Anxiety, Arousal, and Coping in Sport	211
	<i>Rich Neil and Tim Woodman</i>	
	Defining and Operationalizing Anxiety, Arousal, and Coping	212
	Models and Theories of Anxiety, Arousal, and Performance	214
	Coping Behaviors of Anxious Sport Performers	219
	Future Research Recommendations	222
	Summary	223
	References	223
Chapter 13	Anticipation in Sport	229
	<i>A. Mark Williams, Colm P. Murphy, David P. Broadbent, and Christopher M. Janelle</i>	
	Key Perceptual-Cognitive Skills Underpinning Anticipation	230
	Dynamic Interaction Among Perceptual-Cognitive Skills	234
	Developing Anticipation and Facilitating Skill Acquisition	237
	Future Research Recommendations	241
	Summary	242
	References	242
Chapter 14	Exergames to Enhance Physical Activity and Performance	247
	<i>Deborah L. Feltz and Stephen Samendinger</i>	
	Exergame Modalities and Usage.	248
	Increasing Physical Activity and Performance Through Exergames	251
	Future Research Recommendations	256
	Summary	258
	References	258

PART V	Motivated Behavior	263
Chapter 15	Achievement Goals in Sport and Physical Activity	265
	<i>Richard J. Keegan</i>	
	History of Achievement Goal Theories	266
	Nature of Scientific Advancement	272
	Attitudes That Enable Scientific Advancement	274
	Codependence of Theories and Questionnaires	275
	Future Research Recommendations	276
	Summary	283
	References	284
Chapter 16	Self-Determination-Based Theories of Sport, Exercise, and Physical Activity Motivation	289
	<i>Martyn Standage, Thomas Curran, and Peter C. Rouse</i>	
	Self-Determination Theory	290
	SDT-Related Extensions	298
	Future Research Recommendations	302
	Summary	304
	References	304
Chapter 17	Developmentally Based Perspectives on Motivated Behavior in Sport and Physical Activity Contexts	313
	<i>Thelma S. Horn and Jocelyn L. Newton</i>	
	Theories on Motivated Behavior in Sport and Physical Activity Settings	314
	Perceptions of Competence or Ability	316
	Perceptions of Personal Autonomy	319
	Motivational Orientation	321
	Perceptions of Performance Control	322
	Future Research Recommendations	323
	Summary	326
	References	327
Chapter 18	Public Health Perspectives on Motivation and Behavior Change in Physical Activity	333
	<i>Stuart J.H. Biddle and Ineke Vergeer</i>	
	Psychological Correlates of Physical Activity	335
	Individual Participation Motives	336
	Theories of Physical Activity Behavior	337
	Behavior Change Wheel and COM-B Frameworks	342
	Habits and Nudging in Behavior Change	343
	Future Research Recommendations	345
	Summary	346
	References	347

PART VI Health 351

Chapter 19 Physical Activity and Mental Health in the Era of Evidence-Based Medicine 353
Panteleimon Ekkekakis

A 50-Year Chronicle of Contrasting Views	354
Appeal and Shortcomings of Evidence-Based Medicine	357
Depression as an Illustrative Case	360
Future Research Recommendations	366
Summary	366
References	367

Chapter 20 Disability, Physical Activity, and Psychological Well-Being 375
Jeffrey J. Martin

Athletic Identity	376
Personality	379
Wounded Warriors	381
Future Research Recommendations	383
Summary	384
References	384

Chapter 21 Sports Medicine Psychology 387
Diane M. Wiese-Bjornstal, Andrew C. White, Kristin N. Wood, and Hayley C. Russell

Preinjury Psychology	388
Postinjury Psychology	391
Psychological Interventions in Sports Medicine	397
Future Research Recommendations	399
Summary	400
References	401

Chapter 22 Athlete Burnout in Competitive Sport 409
Alan L. Smith, Christine E. Patewicz, and Thomas D. Raedeke

Defining and Measuring Burnout	410
Theoretical Perspectives on Burnout	411
Recent Research on Athlete Burnout	415
Future Research Recommendations	418
Summary	421
References	421

Chapter 23 Physical Activity and Self-Management of Chronic Disease 425
Nancy Gyurcsik, Christopher Shields, Miranda A. Cary, and Lawrence R. Brawley

Physical Activity as a Primary and Tertiary Prevention Strategy	426
Role of Health Care Providers in Chronic Disease Self-Management	427
Knowledge, Skills, and Strategies for Self-Regulation	427
Physical Activity and Psychological Aspects of Behavior Change	428
Future Research Recommendations	435
Summary	438
References	438

PART VII Lifespan and Developmental Issues 445

Chapter 24 Physical Activity and Cognition 447

Jennifer L. Etnier and Yu-Kai Chang

Theories for the Effects of Physical Activity on Cognition 448

Physical Activity and Cognition in the General Population 451

Physical Activity and Cognition in Special Populations 454

Mechanisms of the Effects 455

Future Research Recommendations 456

Summary 459

References 460

Chapter 25 Youth Talent Development in Sport 467

Jean Côté, Veronica Allan, Jennifer Turnnidge, Matthew Vierimaa, and M. Blair Evans

Developmental Systems in Sport 468

Interest and Talent Development in Sport 470

Future Research Recommendations 478

Summary 480

References 480

Chapter 26 Positive Youth Development Through Physical Activity: Progress, Puzzles, and Promise 483

Maureen R. Weiss

Historical Foundations of PYD in Youth Sport Psychology 484

Theoretical Perspectives Underlying the PYD Framework 485

Progress in Applying PYD to the Physical Activity Domain 486

Exemplar PA-PYD Programs 489

Future Research Recommendations 492

Summary 497

References 497

Index 503

About the Editors 512

Contributors 513