

CONTENTS

Editorial	vii
Chapter 1 A Scientific Revolution in Sport Psychology: Challenges and Opportunities in the Assimilation and Delivery of Acceptance-based Behavioral Interventions <i>Frank L. Gardner and Zella E. Moore</i>	1
Chapter 2 A Review of the Peer Review Process and Implications for Sport and Exercise Psychology <i>Nicholas L. Holt and John C. Spence</i>	17
Chapter 3 Am “I” a Work of Art(?): Understanding Exercise and the Self through Critical Self-awareness and Aesthetic Self-stylization <i>Kerry R. McGannon</i>	35
Chapter 4 Internet Usage Patterns and Ethical Concerns in Sport and Exercise Psychology <i>Jack C. Watson II, John R. Lubker, Rebecca A. Zakrajsek and Alessandro Quartiroli</i>	53
Chapter 5 Striking Gold: Mental Techniques and Preparation Strategies Used by Olympic Gold Medalists <i>Vanessa R. Shannon, Noah B. Gentner, Ashwin Patel and Douglas Muccio</i>	69
Chapter 6 The Psychological Components of Elite Cycling <i>Timothy Baghurst</i>	81
Chapter 7 Time, Money and Support: Student-Athletes’ Transition to High Achievement Sports <i>Sverker Bengtsson and Urban Johnson</i>	99
Chapter 8 The Role of Superstition among Professional Footballers in Ghana <i>Patrick Kwaku Ofori, Stuart Biddle and David Lavallee</i>	117

Chapter 9	Performance Enhancement and Stress Reduction Using Biofeedback with Women Collegiate Volleyball Players <i>Cindy J. Tanis</i>	129
Chapter 10	Measuring Motivation for Physical Activity: An Exploratory Study of PALMS –The Physical Activity and Leisure Motivation Scale <i>Sima Zach, Michael Bar-Eli, Tony Morris and Melissa Moore</i>	145
Chapter 11	Shreds of Memory: A First-Person Narrative of Sexual Acquaintance-Exploitation in a Youth Sport Experience <i>Lars Dzikus</i>	159
Chapter 12	Exploring Flow Occurrence in Elite Golf <i>Christian Swann, Richard Keegan, David Piggott, Lee Crust and Mark F. Smith</i>	175
Chapter 13	Can Anger and Tension be Helpful? Emotions Associated with Optimal Performance <i>Andrew M. Lane, Tracey J. Devonport and Chris J. Beedie</i>	191
Chapter 14	Demographic Characteristics and Motivational Patterns of Masters Level Competitive Cyclists <i>Karen M. Appleby, Kristen Dieffenbach and Teri Peterson</i>	203
Chapter 15	Subjective Beliefs among Coaches about How Relational Factors Affect Intrinsic Motivation, Responsibility and Development in Sport <i>Frode Moen</i>	223
Chapter 16	Assessment of Estimated versus Actual Caloric Expenditure <i>Kylee J. Heston, Daniel D. Houlihan and Kendra J. Homan</i>	241
Chapter 17	Coaching Behaviors in Canadian Youth Sports <i>Kaitlyn LaForge, Philip J. Sullivan and Gordon A. Bloom</i>	255
Chapter 18	High-pressure Matches do not Influence Home-field Advantage: A 30-year Retrospective Analysis of English Professional Football <i>Murray Griffin, Adrian Whatling and Dominic Micklewright</i>	269
Chapter 19	Psychological Preparation in Free-Throw Shots in Basketball – A Review <i>Ronnie Lidor and Gal Ziv</i>	283
Chapter 20	Exercise to the Extreme? Identifying and Addressing Unhealthy Exercise Behaviors <i>Justine J. Reel, and Dana Voelker</i>	301
Chapter 21	Asian Professional Tennis Players' Stress Sources and Coping Strategies: A Qualitative Investigation <i>Sunghee Park</i>	315
Index		329