



# Sport Psychology: The Basics: Optimising Human Performance

*Rhonda Cohen*

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# Sport Psychology: The Basics: Optimising Human Performance

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## **Sport Psychology: The Basics: Optimising Human Performance** Rhonda Cohen

This comprehensive and accessible textbook covers the key topics in sport psychology, but also addresses current issues such as talent identification, mental toughness, risk taking, NLP, reaction times, sporting injuries and social media. It contains examples for a multitude of sports from around the world, and new developing areas such as strength and conditioning, extreme sports and combat sports.

Recognising the importance for students to fully understand the topic in order to apply this knowledge, the book provides a comprehensive overview of each topic before presenting practical applications in the book as well as through online resources.

Each chapter focuses around answering a key question integral to this topic within sports psychology, helping students progress in their learning from the theory to the practical.

Sports used as examples/case studies include:

Football, rugby, tennis, squash, fencing, real tennis, drag racing, free diving, bob sleighing, slalom skiing, weight lifting, mixed martial arts, athletics (track & field), baseball, and American football.

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