



Sport Psychology: Concepts and Applications (B&B Physical Education)

By Richard Cox

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Sport Psychology: Concepts and Applications shows how concepts supported by current scientific research can be used to address issues and situations encountered everyday by physical activity specialists, coaches, athletic trainers, and athletes.

This introduction to sport and exercise psychology addresses practical issues, such as dealing with anxiety, arousal, and stress; developing coping, relaxation, motivation, and energizing strategies; understanding the effects of an audience on human performance; building team cohesion; and preventing burnout and other negative effects.

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Editorial Review

About the Author

Richard H. Cox received his PhD in Sport Psychology and Motor Learning from the University of Oregon in 1973 and his Master's and undergraduate degrees from Brigham Young University in 1967 and 1968. Widely published in the areas of sport psychology, exercise psychology, and motor learning, Dr. Cox was a faculty member at Kansas State University for 12 years, Ball State University for 4 years, and is now in his 15th year at the University of Missouri-Columbia, where he has served as chair of the Department of Exercise and Sport Sciences and chair of the Department of Education, School and Counseling Psychology and Director of the Sport Psychology program in Counseling Psychology. Dr. Cox is a Fellow in the Research Consortium of the American Alliance of Health, Physical Education, Recreation and Dance and a Certified Consultant in the Association for the Advancement of Applied Sport Psychology.

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