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The New Sport and Exercise Psychology Companion

Tony Morris, Peter Terry

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In what is one of the most extensive and all-encompassing books of its kind, *The New Sport and Exercise Psychology Companion* provides readers with an advanced understanding of the major themes that reflect the development and current status of sport and exercise psychology today.
The editors invited nearly 50 of the world's leading experts on the key aspects of sport and exercise psychology to examine and explain the latest findings and newest directions of research. Unlike other publications that lean heavily toward either theoretical or applied approaches, these 27 chapters present a blend of both.
Section I features the major psychological processes that have been the subject of extensive theoretical consideration and research examination in the context of sport. Section II highlights topics that have been addressed systematically in relation to the application of sport psychology. Section III focuses on the rapidly growing area of exercise psychology. Section IV details a number of specific themes and particular populations that are of special interest in sport psychology.
The contributors represent four different continents and their insights and experiences reflect sport's continuing globalisation. Sport and exercise psychology continues to grow in many countries and regions of the world, and the diversity of the contributors to this book enables readers to make comparisons between the way psychological processes function in different cultures.

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