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Applying Sport Psychology: Four Perspectives

Jim Taylor, Gregory Wilson

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Imagine being in a room with more than 20 renowned researchers and consultants in sport psychology, who are giving advice to elite coaches and athletes. The sport psychologists delve into numerous topics, such as goal setting, mental imagery, routines, team cohesion, and the coach–athlete relationship. The coaches and athletes augment the recommendations by sharing their perspectives and experiences on each topic. Together, these researchers, consultants, coaches, and athletes bridge the gap between theory and practice in a way that has never been done before.

This hypothetical room has been created in *Applying Sport Psychology: Four Perspectives.* In each chapter four experts present their perspectives based on the current research and their understanding of the topics. Coaches and athletes relate that research to their real-world experiences, providing tips based on what has worked for them on and off the field or court to improve their performances. Students and professionals in sport psychology will benefit by
-Gaining four perspectives on each concept and its application.

-Learning how to customize those concepts and applications to any situation.

-Developing the tools to meet clients' needs and to be a successful sport psychologist.
In *Applying Sport Psychology: Four Perspectives* more than 50 contributors from around the globe make the study of sport psychology come alive. The four perspectives on each topic present a well-rounded approach to understanding team and individual sport performance. Because readers are privy to a conversation of sorts taking place among these four key stakeholders, they will gain understanding from the varying perspectives, increase their knowledge, and improve their interactions with clients.

In part I, explore five psychological areas: motivation, confidence, intensity, focus, and emotions. In part II, study the mental tools that athletes can use to improve their training and competitive performances. In part III, examine the roles of coach and team as they affect athletic performance. In part IV, learn about the most serious challenges athletes face and how to overcome them.

Applying Sport Psychology: Four Perspectives is focused on the specific issues affecting athletic performance and uses a unique, multiple-perspective approach. With *Applying Sport Psychology: Four Perspectives,* learn how to apply the theory that helps athletes perform to their potential. With the in-depth analysis and discussions among the authors, students and professionals are provided with a distinctive view into the world of applied sport psychology.

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