



Sport and Exercise Psychology (Active Learning in Sport Series)

Joanne Thatcher, Melissa Day, Rachel Rahman

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This is a comprehensive and accessible text on exercise and sport psychology for students on sport science/sport and exercise science degrees. It adopts an integrated, thematic approach and covers all the required theory, concepts and research, accompanied by case studies to illustrate the applied nature of the material being covered. The book is split into two major sections, covering exercise psychology and sport psychology, and each chapter supports students as they progress from clear introductory material to more advanced discussions.



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