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By Mark H. Anshel



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This book fills a need for an applied sport psychology book based on credible, published research. A deliberate attempt is made to base application on theory while avoiding scientific and statistical jargon so readers at various levels of education, past experience, and expertise can feel comfortable with the book's content. Sport examples from media publications and from the author's own experiences as a sport psychologist nurture the connection between the professional literature and real-life sport experiences. The opening chapter explains the field of sport psychology, which also encompasses the related field of exercise psychology. Chapter 4 focuses on how coaches and athletes interpret and explain the causes of contest results, and how that plays an important role in future participation. Chapter 5 uncovers the underlying causes of an athlete's emotions just prior to the contest and what one can do about them. To lend additional credence to the application of cited research studies, Chapter 12 includes portions of the author's conversations with many athletes, showing that many ideas believed to be widely held "truths" in the coaching profession often are considered myths by the athletes themselves. For anyone interested in the psychology of sport.

### **About the Author**

**Dr. Mark H. Anshel** is a professor in the Department of Health, Physical Education, Recreation, and Safety at Middle Tennessee State University, where he teaches graduate and undergraduate courses in sport and exercise psychology, and graduate courses in research methods. His extensive experience as a practitioner makes him unique among highly published academics. Dr. Anshel combines his experience as a teacher and researcher with more than 20 years experience as a sport psychologist, counseling male and female athletes at the amateur, university, Olympic, and professional level.

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