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Exploring Sport and Exercise Psychology

Judy L. Van Raalte

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The growing field of sport and exercise psychology offers an abundance of opportunities for clinical practice. For instance, a sport and exercise psychologist might work with elite or professional athletes, use exercise therapeutically with clients, conduct workshops for parents and youth sport coaches, or implement a community-based physical activity intervention.

This volume provides a comprehensive overview of the field of sport and exercise psychology. Several chapters review common performance enhancement interventions, including goal setting, imagery, cognitive strategies, intensity regulation, and modeling. Additional chapters review interventions for health and well-being. Recommendations are provided for assessing, treating, and referring clients with psychopathology, and considerations pertaining to special populations are also detailed, including work with youth sport participants, college student athletes, elite athletes, and culturally diverse groups. The book concludes with a discussion of professional issues in sport and exercise psychology, including education, certification, how to integrate this specialty into your existing clinical practice, and the unique ethical challenges of working in this area.

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