



Sport and Exercise Psychology: The Key Concepts (Routledge Key Guides)

Ellis Cashmore

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Now including exercise psychology terms for the first time in its second edition, *Sport and Exercise Psychology: The Key Concepts* offers a highly accessible introduction to this fascinating subject, its central theories and state-of-the-art research. Over 300 alphabetically-ordered entries cover such diverse terms as:

- adherence
- aggression
- emotion
- exercise dependence
- home advantage
- kinesiphobia
- left-handedness
- motivation
- retirement
- self-confidence.

Cross-referenced, with suggestions for further reading and a full index, this latest key guide contains invaluable advice on the psychology of sport and exercise. A comprehensive A-Z guide to a fast-moving field of inquiry, this book is an essential resource for scholars, coaches, trainers, journalists, competitors, exercisers; in fact anyone associated with sport and exercise.

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