



Sport Psychology

Catherine Sanderson

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FEATURES

- ***Emphasis on real-world examples and contemporary athletes** in every chapter
- ***Connects to students on a personal level through "Test Yourself"** features that enable students to rate themselves on various issues, attitudes, and behaviors and apply what they've learned to their own lives
- ***Emphasizes research** with a thorough review of research methods in the first chapter and "**Research in Action**" boxes throughout that explore thought-provoking topics like the impact of superstition on athletic performance
- ***Integrates cutting-edge material in "Focus on Neuroscience"** boxes that describe recent studies showing how the brain and hormones may impact athletic performance
- ***Focuses on youth in "Impact on Youth"** boxes that demonstrate how theories and principles of sport psychology can be used with young athletes
- ***Addresses diversity issues** in the opening chapter and in a unique chapter that considers how stereotypes, prejudice, and discrimination regarding gender, race/ethnicity, and sexual orientation influence sport participation and performance

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