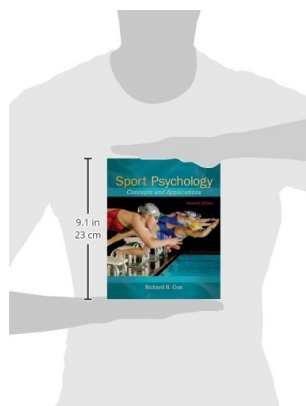


# [PDF] Sport Psychology: Concepts And Applications

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This introduction to sport and exercise psychology addresses practical issues, such as dealing with anxiety, arousal, and stress; developing coping, relaxation, motivation, and energizing strategies;

understanding the effects of an audience on human performance; building team cohesion; and preventing burnout and other negative effects.

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