



The Oxford Handbook of Sport and Performance Psychology (Oxford Library of Psychology)

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The Oxford Handbook of Sport and Performance Psychology includes the latest research and applied perspectives from leaders in the field of performance psychology. Current and comprehensive, this foundational volume presents sport and performance psychology from myriad perspectives, including:

- individual psychological processes in performance such as attention, imagery, superior performance intelligence, motivation, anxiety, confidence, cognition and emotion
- the social psychological processes in performance including leadership, teamwork, coaching, relationships, moral behavior, and gender and cultural issues
- human development issues in performance, such as the development of talent and expertise, positive youth development, the role of the family, end of involvement transitions, and both youth and masters-level sport and physical activity programs
- interventions in sport and performance psychology and counseling of performers in distress including such important issues for all performers as: appearance- and performance-enhancing drug use, injuries, managing pain, eating and weight issues, burnout, and the role of physical activity in maintaining health.

The chapters collected here also cover the history of sport and performance psychology; the scope and nature of the field; ethical issues in sport and performance psychology; performance psychology in the performing arts and other non-sporting fields; perfectionism and performance; the role of the performance coach and of the sport psychologist with a coach and team; supervision; and a look ahead to the future of the field.



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Editorial Review

Review

"This is a useful resource on key issues and insights in sport and performance psychology. As the first volume in the series to examine research and practice related to the psychology of excellent performance, this book is a unique contribution to the field. Domains such as dance, music, theater, business, executive coaching, the military, and education are discussed in the context of psychology of performance excellence. Because of the breadth and depth of its information, this book is most suitable for graduate students, researchers, and practitioners in sport and performance psychology." -- *DOODY'S*

"This book is a unique and significant contribution to the literature in that it represents a positioning of sport psychology more strongly with performance psychology than health psychology; it challenges the descriptor of 'sport and exercise psychology' that has held sway over the last two decades." -- *International Journal of Sports Science & Coaching*

"Performance psychology, particularly as it pertains to sports, is a relatively new but fast-growing field, and the latest research findings and their practical applications are revealed in this foundational work. This is the first edition of a comprehensive book on this important new science, to be hopefully followed by other editions with updates, as more research is done... This book is a pioneering work in a new field, and its editor and 70 contributors have provided us with information and original research not available anywhere." -- *BizIndia*

"*The Oxford Handbook of Sport and Performance Psychology*, edited by Shane Murphy, represents a breath of fresh air in the field of performance psychology as it incorporates new areas, reexamines old ones, and offers ideas for new directions. By incorporating the words sport and performance psychology into the title, Murphy defines the field by joining forces with the newest proposals (Aoyagi, Portenga, Poczwadowski, Cohen, & Statler, 2012) and echoing the new journal from Division 47 of the American Psychological Association, *Sport, Exercise, and Performance Psychology*." -- *Gloria Balague, PsycCRITIQUES*

About the Author

Shane Murphy, Ph.D., is Professor of Psychology at Western Connecticut State University, where he teaches sport, health and performance psychology.

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