

Contents

About the author	iii
Author's note	iv
1. The field of sport psychology: an overview	1
2. Reinforcement and punishment	10
3. Arousal, anxiety, and their assessment	25
4. Treatment of sport anxiety	35
5. Optimism in sports and exercise	45
6. Mental toughness in sports	56
7. Attribution theory and locus of control	67
8. Leadership, group cohesion, and audience effects	76
9. Team building and goal setting	89
10. Aggression and violence in sports	105
11. Psychological assessment	117
12. Risk-sport athletes, injured athletes, black athletes	132
13. Youth sport	146
14. Women in sport	156
15. Exercise and fitness	169
Appendix A: A brief history of sport psychology	185
Appendix B: Prominent figures in sport and exercise psychology	188
References	190
Index	207