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**Psychology of Sport  
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Journal - Elsevier**  
Exercise psychology  
and sport psychology

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involve the scientific study of the psychological factors that are associated with participation and performance in sport, exercise and other types of physical activity. Sport psychologists are interested in two main areas: (a) helping athletes use psychological principles to achieve optimal mental health and to improve

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performance  
(performance  
enhancement) and (b)  
understanding how  
participation in sport,  
exercise and physical  
activity affects an ...

## **What Is Exercise Psychology and Sport Psychology?**

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45, November 2019**

...

Today sport and exercise psychology is a vibrant and exciting field with a bright future. Sport Psychology Coaches have endless opportunities to work

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with athletes ranging from beginning to professional and all points in between. Some coaches build businesses working with youth athletes. Others specialize in sports such as triathlon.

## **History of Sport and Exercise Psychology - Spencer ...**

Sports psychology is the study of how psychology influences

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sports, athletic performance, exercise, and physical activity. Some sports psychologists work with professional athletes and coaches to improve performance and increase motivation. Other professionals utilize exercise and sports to enhance people's lives and well-being throughout the entire lifespan.

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**An Overview of  
Sports Psychology -  
Verywell Mind**

This is a comprehensive and accessible text on exercise and sport psychology for students on sport science/sport and exercise science degrees. It adopts an integrated, thematic approach and covers all the required theory, concepts and research, accompanied by case

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studies to illustrate the applied nature of the material being covered.

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Psychology of Sport and Exercise is an international forum for scholarly reports in the psychology of sport and exercise, broadly defined. The journal is open to the use of diverse methodological

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approaches.

**Guide for authors -  
Psychology of Sport  
and Exercise ...**

Exercise psychology is focused on the connection between psychological principles and physical activity. It tries to promote involvement and enjoyment through exercise. Therapeutic value is promoted through exercise psychology. An In-

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depth Look at Sport  
Psychology. The duties  
of a sport psychologist  
typically involve  
counseling athletes.

## **Difference Between Exercise Psychology and Sport Psychology**

Sport and Exercise  
Psychology (SEP)  
integrates theory,  
research, and practice,  
and includes the study  
of cognitive, emotional,  
psychophysiological,

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and social factors that influence sport and exercise behaviors as well as the effects of physical activity on psychological factors.

**Sport and Exercise  
Psychology |  
Department of  
Kinesiology**

The Journal of Sport & Exercise Psychology (JSEP) is a peer-reviewed publication designed to stimulate and communicate



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research theory in all areas of sport and exercise psychology. JSEP emphasizes original research reports that advance our understanding of human behavior as it relates to sport and exercise.

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As a definition, the American Psychological Association's Division 47 (Society of Sport, Exercise, and Performance Psychology) states the following:

**Sports Psychology:  
Mind and Body |  
Psychology Today**  
Foundations of Sport  
and Exercise

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Psychology (6th ed.).  
Champaign IL: Human  
Kinesthetics. Q3: There  
are a variety of  
reasons why people  
choose to exercise, and  
there are also many  
reasons why people  
either don't exercise or  
stop exercising. This  
activity gives you a  
chance to evaluate  
your own reasons for  
choosing to exercise,  
not exercise, or

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**Psychology of Sport**  
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## **Editorial Board**

Sport psychology is an interdisciplinary science that draws on knowledge from many related fields including biomechanics, physiology, kinesiology and psychology. It involves the study of how psychological factors affect performance and how participation in sport and exercise affect psychological and

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physical factors.

## **Sport psychology - Wikipedia**

Sport and exercise psychology professionals have recently been highlighted in television and film, bringing the academic field of sport and exercise psychology into new light. The goal of the SEP program at WVU is to help students combine a



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passion for sports with  
an evidence-based  
approach to  
psychology.

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