



Solutions in Sport Psychology

By Ian M. Cockerill

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This innovative text, authored by a well-qualified team, offers an applied introduction to the growing subject of sports psychology. It addresses the key challenges facing lecturers and students in the area by comprehensively covering a diverse range of topics, reflecting relevant research, and applying theory to practice. Assuming no prior knowledge of the subject, this accessible book covers the fundamentals of sport psychology and demonstrates how theory can be applied in practice. Each chapter opens with a description of a specific case that is dealt with as the chapter proceeds. The reader is then taken through the background theory, and relevant research and literature, before being presented with a proposed 'solution' to this opening problem.

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Foreword: Bobby Gould Introduction PART I: Sport Psychology in Practice "The team just hasn't gelled" John Kremer & Deidre Scully (Department of Psychology, The Queen's University, Belfast) Incompatibility in the coach - athlete relationship Sophia Jowett (School of Health, Staffordshire University) & Ian Cockerill (School of Sport & Exercise Sciences, University of Birmingham) Mental toughness : the concept and its measurement Peter Clough, Keith Earle & David Sewell (Department of Psychology, University of Hull) PART II: Goals, Motivation and Commitment Enhancing the quantity and quality of motivation: the promotion of task involvement in a junior football team Joan Duda & Anne Marte Pensgaard (School of Sport & Exercise Sciences, University of Birmingham) The application of achievement-goal theory in youth sport Chris Harwood & Stuart Biddle (Department of Physical Education, Sport Science & Recreation Management, Loughborough University) In pursuit of the perfect performance Ian Cockerill (School of Sport & Exercise Sciences, University of Birmingham) PART III: Cognitions and Confidence Sport participants' reflections on past events: the role of social cognition Sandy Wolfson (Division of Psychology, University of Northumbria) Confidence and the pre-shot routine in golf: a case study David Shaw (Department of Psychology, University of Central Lancashire) Functional-equivalence solutions for problems with motor imagery Paul Holmes (Department of Exercise & Sport Science, Manchester Metropolitan University) & David Collins (Scottish Centre for Physical Education, Sport & Leisure Studies, University of Edinburgh) Case studies in confidence for elite slalom canoeists Hugh Mantle (School of Education & Social Sciences, Liverpool John Moores University) PART IV: Injury, Counselling and Social Support The psychological rehabilitation of a severely-injured rugby player Richard Cox (Scottish Centre for Physical Education, Sport & Leisure Studies, University of Edinburgh) Football as an alternative medium for facilitating therapeutic intervention with a discrete group of refugees Rachel Tribe (Department of Psychology, University of East London) Coping with retirement from professional sport David Lavalley (Scottish School of Sports Studies, University of Strathclyde), Jim Golby (School of Social Sciences, University of Teesside) & Ruth Lavalley (School of Leisure & Sports Studies, Leeds Metropolitan University)

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