



# Group Dynamics in Exercise and Sport Psychology (Hardback)

Ву-

Taylor Francis Ltd, United Kingdom, 2014. Hardback. Condition: New. 2nd Revised edition. Language: English. Brand New Book. Can a better understanding of group dynamics raise individual and team athletic performance or improve the outcomes of exercise interventions? Much human behaviour in sport and exercise settings is embedded within groups, where individuals cognitions, emotions, and behaviours influence and are influenced by other group members. Now in a fully revised, updated, and expanded second edition, Group Dynamics in Exercise and Sport Psychology explores the unique psychological dynamics that emerge in sport and exercise groups. It provides a clear and thorough guide to contemporary theory, research, and applied practice, covering core themes and cutting-edge topics as well as highlighting directions for future research. The book is organised into five thematic sections: Part 1: The Self in Groups Part 2: Leadership in Groups Part 3: Group Environment Part 4: Motivation in Groups Part 5: Socio-Environmental Issues in Groups This new edition includes seven completely new chapters, exploring important emerging issues such as social identity, the family, co-ordination and shared knowledge within sport teams, the group as a vehicle for facilitating individual behavior change, social support and emotion regulation, peer leadership, and cultural perspectives...



#### Reviews

This ebook may be worth purchasing. It really is rally intriguing throgh looking at period. You will not really feel monotony at at any moment of your time (that's what catalogues are for regarding if you question me).

-- Agnes Jerde

Without doubt, this is the very best operate by any writer. I could possibly comprehended every little thing out of this created e pdf. Your daily life period will likely be convert as soon as you full reading this ebook.

-- Lauryn Ledner

#### You May Also Like



### Depression: Cognitive Behaviour Therapy with Children and Young People

Taylor Francis Ltd, United Kingdom, 2009. Paperback. Book Condition: New. 242 x 174 mm. Language: English. Brand New Book. In recent years there has been an increase in research into childhood depression, and it is now recognised that depression can severely...



## Environments for Outdoor Play: A Practical Guide to Making Space for Children (New edition)

SAGE Publications Ltd. Paperback. Book Condition: new. BRAND NEW, Environments for Outdoor Play: A Practical Guide to Making Space for Children (New edition), Theresa Casey, 'Theresa's book is full of lots of inspiring, practical, 'how to go about it ideas' coupled with...



### Applied Undergraduate Business English family planning materials: business knowledge REVIEW (English)(Chinese Edition)

paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment. Paperback. Pub Date: 2012 Pages: 240 Language: English Publisher: Foreign Economic and Trade University Press national application the Undergraduate Business English...



# A Kindergarten Manual for Jewish Religious Schools; Teacher s Text Book for Use in School and Home

Rarebooksclub.com, United States, 2012. Paperback. Book Condition: New. 246 x 189 mm. Language: English. Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. This historic book may have numerous typos and missing text. Purchasers can download a free scanned copy of the original...



#### Oxford Reading Tree Read with Biff, Chip, and Kipper: Phonics: Level 4: Wet Feet (Hardback)

Oxford University Press, United Kingdom, 2011. Hardback. Book Condition: New. 172 x 142 mm. Language: English . Brand New Book. Read With Biff, Chip and Kipper is the UK s best-selling home reading series. It is based on Oxford Reading Tree which...



# Oxford Reading Tree Read with Biff, Chip, and Kipper: Phonics: Level 3: Such a Fuss (Hardback)

Oxford University Press, United Kingdom, 2011. Hardback. Book Condition: New. 172 x 142 mm. Language: English . Brand New Book. Read With Biff, Chip and Kipper is the UK s best-selling home reading series. It is based on Oxford Reading Tree which...