



Sport Psychology: Performance Enhancement, Performance Inhibition, Individuals, and Teams

Nicholas T. Gallucci

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Sport Psychology, 2nd Edition provides a synthesis of the major topics in sport psychology with an applied focus and an emphasis on achieving optimal performance.

After exploring the history of sport psychology, human motivation, and the role of exercise, there are three main sections to the text: Performance Enhancement, Performance Inhibition, and Individuals and Teams.

The first of these sections covers topics such as anxiety, routines, mental imagery, self-talk, enhancing concentration, relaxation, goals, and self-confidence.

The section on Performance Inhibition includes chapters on choking under pressure, self-handicapping, procrastination, perfectionism, helplessness, substance abuse, and disruptive personality factors.

While much of the information presented is universally applicable, individual differences based on gender, ethnicity, age, and motivation are emphasized in the concluding section on Individuals and Teams.

Throughout, there are case studies of well-known athletes from a variety of sports to illustrate topics that are being explored.

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