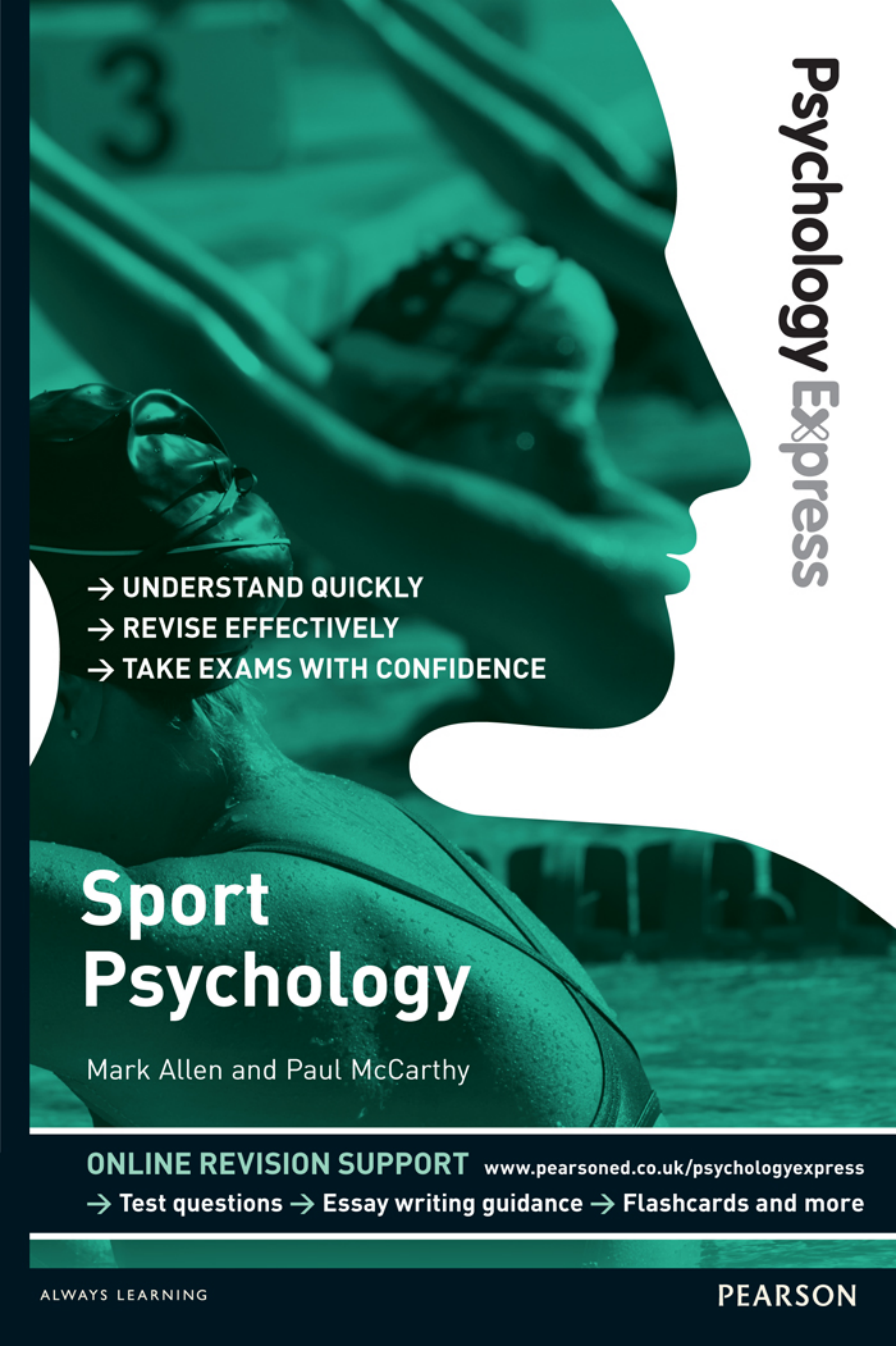




Psychology Express

- UNDERSTAND QUICKLY
- REVISE EFFECTIVELY
- TAKE EXAMS WITH CONFIDENCE

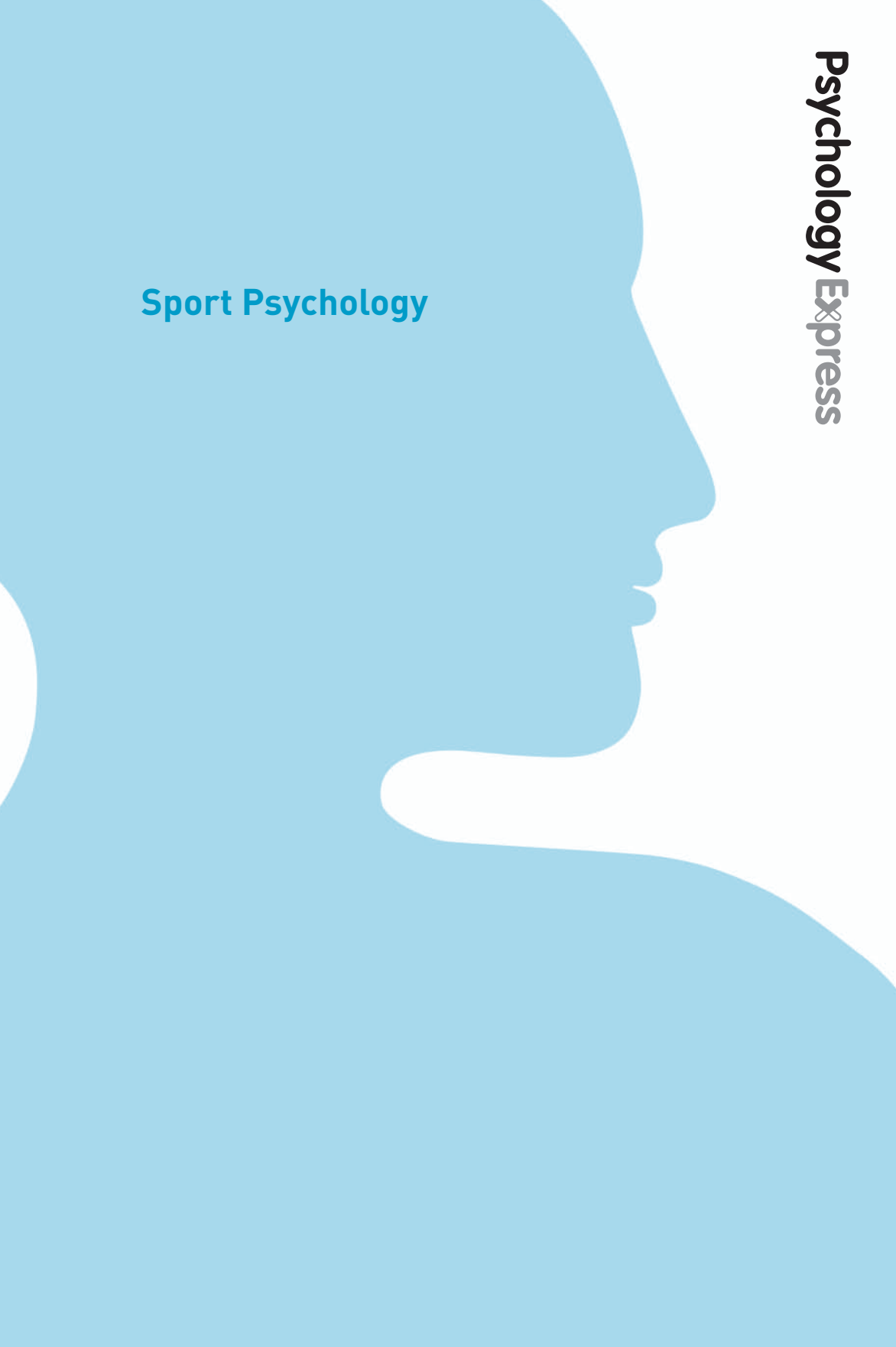
Sport Psychology

Mark Allen and Paul McCarthy

ONLINE REVISION SUPPORT www.pearsoned.co.uk/psychologyexpress

→ Test questions → Essay writing guidance → Flashcards and more

Sport Psychology



Psychology Express: Sport Psychology

Table of Contents

Cover

Contents

Acknowledgements

Introduction

Guided tour

1 Personality

2 Motivation

3 Emotion

4 Self-confidence

5 Concentration

6 Coping

7 Group processes

8 Judgement and decision making

9 Mental toughness

10 Sport psychology in practice

And finally, before the exam

Glossary

A

B

C

E

F

G

Table of Contents

H

I

K

L

M

N

O

P

Q

R

S

T

V

W

References

Index