



Sport Psychology: The Basics

David Tod

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Sport Psychology: The Basics provides an accessible introduction to the fundamental ideas at the heart of Sport Psychology today. It examines the links between sport participants' behaviours, their personality and their environment to identify the factors which affect performance. Exploring theory and practice, it uses case studies to illustrate how key areas of theory are applied within a sport psychologist's practice, answering such questions as:

- What is sport psychology and what do sport psychologists do?
- What factors affect sporting performance?
- Which psychological characteristics are associated with achievement in sport?
- How can performance be improved by using theory?

With a glossary of key terms, suggestions for further study and ideas for improving performance, *Sport Psychology: The Basics* is an ideal introduction for students of sport and coaches who would like to know more about how sport psychologists address questions about human behaviour in sport.

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