



Sport Psychology

By Catherine Sanderson



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FEATURES

***Emphasis on real-world examples and contemporary athletes** in every chapter

***Connects to students on a personal level through "Test Yourself"** features that enable students to rate themselves on various issues, attitudes, and behaviors and apply what they've learned to their own lives

***Emphasizes research** with a thorough review of research methods in the first chapter and **"Research in Action"** boxes throughout that explore thought-provoking topics like the impact of superstition on athletic performance

***Integrates cutting-edge material in "Focus on Neuroscience"** boxes that describe recent studies showing how the brain and hormones may impact athletic performance

***Focuses on youth in "Impact on Youth"** boxes that demonstrate how theories and principles of sport psychology can be used with young athletes

***Addresses diversity issues** in the opening chapter and in a unique chapter that considers how stereotypes, prejudice, and discrimination regarding gender, race/ethnicity, and sexual orientation influence sport participation and performance



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Editorial Review

Review

"The utilization of current athletes in a variety of different sports is an excellent way to demonstrate the concepts that are discussed...[which] will peak the students' interests." -- Brad Vickers, *Mississippi State University*

"*Sport Psychology* provides interesting examples that are relevant and current in order to capture students' attention. The writing is very good and accessible to students from a wide range of backgrounds." --Todd Wilkinson, *University of Wisconsin, River Falls*

"I love that *Sport Psychology* connects theory and research to real-world examples and students' own experiences. This enables them to relate to the information, understand its importance, and also see how they can use it in their future careers and personal lives."-- Kirsten Lupinski, *Albany State University*

About the Author

Catherine A. Sanderson is the Manwell Family Professor of Life Sciences (Psychology) at Amherst College. She received her undergraduate degree from Stanford and her graduate degrees from Princeton. She has published more than twenty-five journal articles and book chapters in addition to three college textbooks. In 2012 she was named one of the country's top 300 professors by the Princeton Review. She is the faculty advisor to the men's ice hockey team at Amherst College and the NCAA Faculty Representative.

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