

## Sport psychology

Cox, Richard H., author

Deskripsi Lengkap: <https://lib.ui.ac.id/detail?id=20344730&lokasi=lokal>

---

### Abstrak

"Sport Psychology: Concepts and Applications shows how concepts supported by current scientific research can be used to address issues and situations encountered everyday by physical activity specialists, coaches, athletic trainers, and athletes. This introduction to sport and exercise psychology addresses practical issues, such as dealing with anxiety, arousal, and stress; developing coping, relaxation, motivation,