



# Sport Psychology

*Daniel L. Wann*

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## **Sport Psychology** Daniel L. Wann

Written from a psychologist's perspective, this enlightening study offers a general overview of the application of psychology to sport settings. Examining the diverse array of issues that make up sport psychology today, the book discusses the foundations of sport psychology, explores participation in sport, covers topics related directly or indirectly to athletic performance, examines sport psychology intervention strategies, considers the social psychology of sport, and addresses the psychology of the sports fan and spectator. Unique topic coverage includes a look at research methods in sport psychology, character building in sport, issues relevant to female athletes, role anxiety, relaxation training for coaches, and much more. For professionals in physical education and/or psychology.

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