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concepts supported by
current scientific research
can be used to address
issues and situations
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athletic trainers, and
athletes. This introduction
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psychology addresses
practical issues, such as
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arousal, and stress;

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developing coping,
relaxation, motivation, and
energizing strategies;
understanding the ...

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Overview Sport Psychology:
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shows how concepts supported
by current scientific
research can be used to
address issues and
situations encountered

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to cope with factors and
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Sports psychology is the study of how psychology influences sports, athletic performance, exercise, and physical activity. Some sports psychologists work with professional athletes

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and coaches to improve performance and increase motivation. Other professionals utilize exercise and sports to enhance people's lives and well-being throughout the entire lifespan.

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situations encountered
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