



Psychological Aspects of Physical Education and Sport (Psychology Revivals)

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Psychology has an important part to play in the teaching and practice of physical education and sport, and this volume, originally published in 1972, provided a systematic and authoritative introduction to the major areas in this field at the time.

The contributors, leading experts in the UK and US, cover five major areas of psychology: perception, learning, personality, motivation and emotion, focusing attention on important current research of the time, and opening up these areas for the serious student. They review controversial issues of central importance in physical education and sport, pointing to practical implications for learning, teaching and coaching.

A great opportunity to read an early take on what has become a central part of physical education and sport today.



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