



## Sports Psychology

By Sreenivasa Reddy, Palacharla / Jamuna, Duvvuru

Condition: New. Publisher/Verlag: LAP Lambert Academic Publishing | Opportunities and Performance in High School Students | Sport psychology, an interdisciplinary science draws on knowledge from many cognate fields like for eg., biomechanics, physiology, kinesiology and psychology. Sport psychology focuses on certain mental factors which affect performance motivation to participate in sports exercise with an outcome to ensure mental and physical well-being. In view of constantly growing volume of research in the area of sport psychology, this book will provide an understanding of opportunities and motivation towards sports, games. This book focuses on aptitude towards sports and games motivation, and Opportunities as related to performance in sports among high school students. It has become a thrust area for professional sport psychologists and researchers working on athletes mental fitness. The knowledge covered in these pages will prove indispensable to anyone who is privileged to provide a professional service to athletes. | Format: Paperback | Language/Sprache: english | 136 pp.



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