

**Book review**

## **Sport and Exercise Psychology**

**Editor:** Andy Lane

**Bibliographic Data:** ISBN-9780340928943: Hodder Education, 338 Euston Road, London, NW1 3 BH, 2008, £19.99, 225 pages, paperback

**Subjects:** Sport and Exercise Psychology

**DESCRIPTION:** The book introduces the undergraduate psychology student to both academic and professional aspects of Sport and Exercise Psychology. It uses up to date research evidence, established theory and a variety of activities that help the student consider and understand academic and professional aspects of this particular academic discipline.

**PURPOSE:** The book aims to provide the undergraduate psychology student with a structured introduction to the subject area and an insight into the theoretical evidence and practical suggestions that underpin what a Sport and Exercise psychologist does. The book also aims to support one term or one semester courses in Sport and Exercise Psychology. It is also appropriate for Masters level courses.

**FEATURES:** The book begins with a chapter on applied sports psychology to give the reader an insight into the domain of sport psychology, providing an overview of the techniques that could be used. The next three chapters focus on mood, anxiety and self confidence, which influence performance. This leads on to four chapters that focus on managing psychological states. There is also a chapter on leadership which interestingly includes leadership development in coaches and in athletes. Two chapters focus on the effects of exercise on psychological states, providing a balance between the benefits and potential drawbacks. The final chapter examines the issue of

placebo effects. Throughout each chapter there are useful activities that can help the reader's understanding of practical and theoretical issues. These also have practical implications for the work of a Sport and Exercise Psychologist. Key ethical issues are raised on a regular basis throughout the text. The book offers an excellent blend of theory and practical suggestions which are critically discussed thus giving valuable insights regarding the research process and applied practice which is often lacking in the more well known standard textbooks for Sport and Exercise Psychology.

**AUDIENCE:** This is a considered book for students, and those who hope to work as a Sport and Exercise Psychologist. Lecturers will also find this book to be an excellent resource. It can support a one term or one semester course. They can also take advantage of the useful activities and the further reading (books and journal articles). Furthermore the book can particularly support applied sports psychology modules. Post graduate students studying applied sports psychology may also benefit from the applied issues raised throughout the text.

**ASSESSMENT:** This book is an excellent resource written by subject specialists, for students and those who are interested in Sport and Exercise Psychology. The critical presentation of theory, research and applied issues provides valuable insights into the subject area and the work of a Sport and Exercise psychologist.

**Reviewed by:** *Jim Lowther, BASES accredited sport psychologist, School of Life Sciences, Kingston University, Surrey, England.*