



Sport and Exercise Psychology: Practitioner Case Studies (BPS Textbooks in Psychology)

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- This is the first book to include theory-based case studies for sport performance, exercise and skill acquisition in one publication
- International authors dissect their case studies to highlight best practice/interventions in similar situations
- The theoretical basis behind each intervention is clearly explained, along with practical examples of how to work as a sport and exercise psychologist
- Provides content that is directly applicable to those students wishing to enter the profession via various national accreditation schemes, in addition to providing chartered psychologists with a text that can directly inform their reflections of their own practise
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