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how concepts supported by current scientific research  
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encountered everyday by physical activity specialists, coaches, athletic trainers, and athletes.

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application in exercise and sport settings.

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youth sport athletes, and disabled athletes when ever possible and appropriate.

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Sport psychology: concepts and applications.  
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A developing subfield of psychology concerned with applying psychological theories and research to sports and other recreational activities. Sports—which involve emotion, competition, cooperation, achievement, and play—provide a rich area for psychological study. People involved in sports attempt to master very difficult skills, often subjecting themselves to intense physical stress as well ...

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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 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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An Overview of Sports Psychology - Verywell Mind  
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