Contents

About the Author	ix
How to use this book	хi
Introduction	xiii
rt One: Understanding sport psychology	
Understanding people: psychology of sport Personality	3
Combining traits	
The dark triad Are champions born or made?	
Stress in sport	25
Stressors in sport	
Stress	
Trait and state anxiety	
Sources of stress and anxiety in sport Anxiety effects on decision making	
Mental toughness Bouncing back	49
Attributes of mentally tough athletes The 4Cs of mental toughness	
Assessing mental toughness	
Physical toughness	
Developing mental toughness	
	Introduction **T One: Understanding sport psychology Understanding people: psychology of sport Personality Five-factor model Combining traits The big one The dark triad Are champions born or made? Stress in sport A cruel game Stressors in sport Stress Arousal Anxiety Trait and state anxiety Stress appraisal Emotion in anxiety Sources of stress and anxiety in sport Anxiety effects on decision making Mental toughness Bouncing back Attributes of mental toughness Academic differences Assessing mental toughness Physical toughness Wellbeing Are people born tough or made tough?

4	Confidence Self-belief Layers of confidence Momentum Sources of confidence Attributions Developing confidence	73
5	Overconfidence Motivation	105
	Risk and a fear of failure Need achievement theory Achievement goals Beware the ego? Self-determination Cognitive evaluation theory Motivational climate	
6	Emotion in sport	125
	Emotion Emotional intelligence Abilities versus trait models Trait emotional intelligence	
	Measuring emotional intelligence Mood Runner's high? Music	
7	What's this chimp thing? Character Sport: good for character? What is character? Moral behaviour Moral reasoning Why do good people do bad things? Bracketed morality Sportspersonship	145
	Enhancing fair play Character development	

8	Measurement Questionnaires Questionnaire development Response scales Example questionnaires in sport psychology Qualitative methods Other measurements	167
Pa	rt Two: Applying sport psychology	
9	Becoming a sport psychologist What does a sport psychologist do? IKEA psychology What skills are required? Routes to practice Ethics in consultancy	187
10	Assessment Performance profiling The importance of good assessment Psychometric assessment of psychological skills Strengths-based approaches	201
11	Psychological skills training Teaching The power of practice Imagery Functions of imagery Doing effective imagery Goal setting	217
12	Concentration Attentional resource Positive self-talk Controlled distraction Thought stopping and focus plans Flow	235
13	Coping techniques Problem-focused coping Conditioned practice Mapping current coping Relaxation Social support	251

14	Working with coaches and teams Leadership Transaction or transformation?	267
	Group dynamics	
	Cohesion	
	Afterword	283
	References	285
	Answers	311
	Index	313