



# Social Psychology in Sport and Exercise: Linking Theory to Practice

*Ross Lorimer, Ann-Marie Knowles, Vaithehy Shanmugam*

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How should athletes prepare for the pressures of a large crowd? How do you manage conflict and disunity in a team? How can you encourage individuals to do more exercise?

Covering a broad range of areas from elite sport to public health programmes, *The Social Psychology of Sport and Exercise* examines human behaviour and how we can change it. The authors combine innovative research with practical examples and case studies, masterfully explaining the theory and applying it to real-life problems. From coaching world-class athletes to running exercise referral schemes, this book offers unrivalled advice and guidance.

*The Social Psychology of Sport and Exercise:*

- Analyses contemporary research from both sport and exercise psychology
- Investigates the issues and challenges that practitioners face in settings ranging from the World Cup to the leisure centre
- Suggests useful strategies to help you put the theory into practice

This highly readable textbook is perfect for undergraduate and postgraduate students studying sport and exercise psychology, while its practical nature means that it will also be of interest to professionals working in the field.

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