

Download Doing Exercise Psychology

Sport psychology is an interdisciplinary science that draws on knowledge from many related fields including biomechanics, physiology, kinesiology and psychology. It involves the study of how psychological factors affect performance and how participation in sport and exercise affect psychological and physical factors. Sport psychologists teach cognitive and behavioral strategies to athletes in ...Areas of Expertise in the Sports Psychology Field. Youth Sports. Youth sports psychologists specialize in counseling young athletes and their families, helping to build confidence and develop teamwork skills, as well as maximize the positive character-building effects of youth sports activities. Positive Psychology is a scientific field whose knowledge then translates into multiple different exercises, activities, techniques, coaching tools, and interventions that can be used with coaching clients, at work in group settings, by students, employees and anyone who wants more satisfaction and well-being in their professional and personal life. The Power of Visualization – 5 Tips that will change your experience. Visualization is one of the primary technologies used in sports psychology.