

Contents

Foreword	<i>x</i>
Authors List	<i>xiv</i>
Reviewer List	<i>xxi</i>

Volume I: Social Perspectives, Cognition, and Applications

Part 1 Motivation 1

- 1 **Theory of Planned Behavior** 3
Mark Conner
- 2 **Putting Individual Motivations into the Societal Context: The Influence of Social Stereotypes in the Physical Activity Domain** 19
Aina Chalabaev and Philippe Sarrazin
- 3 **Self-Determination Theory in Sport and Exercise** 37
Martyn Standage and Richard M. Ryan
- 4 **Efficacy Beliefs in Physical Activity Settings: Contemporary Debate and Unanswered Questions** 57
Ben Jackson, Mark R. Beauchamp, and James A. Dimmock

Part 2 Individual Differences 81

- 5 **Genetics and Motor Performance** 83
Sigal Ben-Zaken
- 6 **Mental Toughness: Taking Stock and Considering New Horizons** 101
Daniel F. Gucciardi
- 7 **Perfectionism in Sport, Dance, and Exercise: An Extended Review and Reanalysis** 121
Andrew P. Hill, Sarah H. Mallinson-Howard, Daniel J. Madigan, and Gareth E. Jowett
- 8 **Self-Compassion in Sport and Exercise** 158
Amber D. Mosewich
- 9 **High-Risk Sports** 177
Tim Woodman, Lew Hardy, and Matthew Barlow
- 10 **Self-Presentation in Sport and Exercise** 190
James A. Dimmock, Timothy C. Howle, and Ben Jackson

- 11 Theory and Research in Passion for Sport and Exercise** 206
Robert J. Vallerand and Jérémie Verner-Filion
- Part 3 Emotions** 231
- 12 Affective Responses to Exercise** 233
Panteleimon Ekkekakis, Mark E. Hartman, and Matthew A. Ladwig
- 13 Emotion and Sport Performance** 254
Christopher M. Janelle, Bradley J. Fawver, and Garrett F. Beatty
- 14 Self-Conscious Emotions in Sport and Exercise** 299
Catherine M. Sabiston, Eva Pila, and Jenna D. Gilchrist
- Part 4 The Self and the Team** 321
- 15 Psychology of Group Dynamics: Key Considerations and Recent Developments** 323
Mark R. Beauchamp, Desmond McEwan, and Colin M. Wierts
- 16 Leadership in Sport** 344
Calum A. Arthur and Nicolas Bastardoz
- 17 Köhler Effect and Social Comparison: Performance in Teams with Real and Virtual Partners** 372
Deborah L. Feltz and Christopher Hill
- 18 Moral Behavior in Sport: Reviewing Recent Research and Envisioning a Possible Future** 391
Ian D. Boardley
- 19 Peers and the Sport Experience** 410
Alan L. Smith and Sarah Ullrich-French
- 20 Positive Youth Development Through Sport** 429
Nicholas L. Holt, Colin J. Deal, and Kurtis Pankow
- 21 Social Support in Sport** 447
Paul Freeman
- Part 5 Cognition and Expertise** 465
- 22 Expertise in Sport: The State of the Art** 467
David W. Eccles
- 23 The Cognitive and Affective Neuroscience of Superior Athletic Performance** 487
Bradley D. Hatfield, Kyle J. Jaquess, Li-Chuan Lo, and Hyuk Oh
- 24 Mental Representation in Action: A Cognitive Architecture Approach** 513
Thomas Schack
- 25 Cognition, Emotion and Action in Sport: An Ecological Dynamics Perspective** 535
Duarte Araújo, Keith Davids, and Ian Renshaw

- 26 New Perspectives on Deliberate Practice and the Development of Sport Expertise 556**
Joseph Baker, Bradley W. Young, Rafael A. B. Tedesqui, and Lindsay McCardle
- 27 Early Sport Specialization and Sampling 578**
Jean Côté, Veronica Allan, Jennifer Turnnidge, and Karl Erickson
- 28 Attentional Theories of Choking Under Pressure Revisited 595**
Rob Gray
- 29 Team Mental Models: Theory, Empirical Evidence, and Applied Implications 611**
Edson Filho and Gershon Tenenbaum
- 30 Creativity: The Emergence of a New Dimension of Sport Expertise 632**
Véronique Richard and Mark A. Runco
- Part 6 Interventions and Performance Enhancement 651**
- 31 Optimizing Attentional Focus 653**
Gabriele Wulf and Rebecca Lewthwaite
- 32 Using Brain Technologies in Practice 666**
Maurizio Bertollo, Michael Doppelmayer, and Claudio Robazza
- 33 Eating Disorders in Sport: From Etiology to Prevention 694**
Trent A. Petrie
- 34 Sport Injuries and Psychological Sequelae 711**
Diane M. Wiese-Bjornstal, Kristin N. Wood, and Joseph R. Kronzer
- 35 Mindfulness in Sport Contexts 738**
Frank L. Gardner and Zella E. Moore
- 36 Ethical Issues Impacting the Profession of Sport Psychology 751**
Jack C. Watson II, Brandonn S. Harris, and Patrick Baillie
- Volume II: Exercise, Methodologies, & Special Topics**
- Part 7 Exercise as a Medicine 773**
- 37 Physical Activity Promotion 775**
Barbara E. Ainsworth and Cheryl Der Ananian
- 38 Chronic Exercise and Cognitive Function: A Historical View 795**
Jennifer L. Etnier, Yu-Kai Chang, and Feng-Tzu Chen
- 39 Brain Changes in Response to Exercise 815**
Karen Zentgraf and Fabian Helm
- 40 The Unique Contribution of Physical Activity to Successful Cognitive Aging 832**
Caterina Pesce and Claudia Voelcker-Rehage

- 41 Exercise and Multiple Sclerosis: Benefits, Participation Rates, Determinants, and Opportunities** 857
Robert W. Motl, Katie L. Cederberg, and Brian M. Sandroff
- 42 The Effects of Exercise on Anxiety and Depression** 872
Shawn M. Arent, Alan J. Walker, and Michelle A. Arent
- 43 Physical Activity and Recovery from Breast Cancer** 891
Meghan H. McDonough and S. Nicole Culos-Reed
- Part 8 Exercise Engagement and Effort** 911
- 44 Progression of Motivation Models in Exercise Science: Where We Have Been and Where We Are Heading** 913
Amanda L. Rebar and Ryan E. Rhodes
- 45 Music-Related Interventions in the Exercise Domain: A Theory-Based Approach** 929
Costas I. Karageorghis
- 46 Perceived Exertion: Dynamic Psychobiological Model of Exercise-Induced Fatigue** 950
Natàlia Balagué, Robert Hristovski, and Sergi García-Retortillo
- 47 The Automatic Basis of Exercise Behavior: Do You Like Exercising?** 966
Ralf Brand and Franziska Gutmann
- 48 Habit in Exercise Behavior** 986
Amanda L. Rebar, Benjamin Gardner, and Bas Verplanken
- Part 9 Measurement and Methodologies** 999
- 49 Qualitative Research** 1001
Brett Smith and Andrew C. Sparkes
- 50 Doing SEM Bayesian-Style: New Opportunities for Sport and Exercise Psychology** 1020
Cameron N. McIntosh
- 51 Modern Factor Analytic Techniques: Bifactor Models, Exploratory Structural Equation Modeling (ESEM), and Bifactor-ESEM** 1044
Alexandre J. S. Morin, Nicholas D. Myers, and Seungmin Lee
- 52 Multilevel Designs and Modeling in Sport and Exercise Psychology: Riding the Current Wave and Looking Beyond at the Horizon** 1074
Patrick Gaudreau, Benjamin Schellenberg, and Alexandre Gareau
- 53 Case Study Approaches in Sport and Exercise Psychology** 1097
Stewart T. Cotterill
- Part 10 Special Topics** 1111
- 54 Performance Psychology: A Guiding Framework for Sport Psychology** 1113
Markus Raab
- 55 Gender and Culture** 1131
Diane L. Gill

- 56 Disability and Sport Psychology** 1152
Jeffrey Martin, Michelle Guerrero, and Erin Snapp
- 57 Performance- and Appearance-Enhancing Drug Use in Sports: A Psychological Perspective** 1169
Lambros Lazuras and Vassilis Barkoukis
- 58 Psychological Aspects in Sport Concussions** 1188
Semyon M. Slobounov and Alexa Walter
- 59 Body Language in Sport** 1201
Philip Furley and Geoffrey Schweizer
- 60 Athlete Burnout** 1220
Robert C. Eklund and J. D. DeFreese
- Author Index** 1241
Subject Index 1307