

The Psychology Of Exercise Integrating Theory And Practice Third Edition

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The Psychology of Exercise: Integrating Theory and Practice, fourth edition, continues to weave together theory, research, application, and interventions to provide readers with a solid foundation in exercise psychology. In this comprehensive, accessible, book, the authors apply prominent theories and models to actual situations encountered professionally.

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Section Two of the text focuses on the psychosocial influences and consequences of exercise. This section includes chapters exploring self-perception and exercise, stress and exercise, personality and exercise, and anxiety and exercise. The chapters include a list of key terms.

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