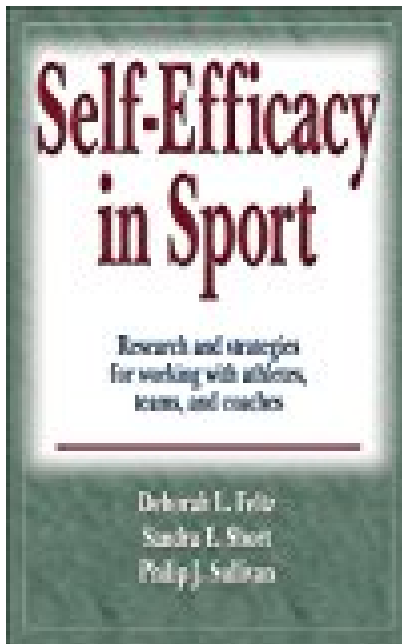


Self - Efficacy in Sport Research and strategies for working with athletes teams and coaches



BOOK DETAILS

- Author : Deborah L. Feltz
- Pages : 416 Pages
- Publisher : Human Kinetics Publishers
- Language : English
- ISBN : 0736059997

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BOOK SYNOPSIS

With this book, students, researchers, and practitioners now have a go-to reference on efficacy research packed with psychological strategies for helping athletes and coaches overcome specific weaknesses. *Self-Efficacy in Sport* - the first book devoted entirely to this important topic - compiles over 30 years of burgeoning self-efficacy research into a comprehensive and up-to-date analysis. Written by three eminent researchers in the field, it introduces theory-based and research-tested guidelines and recommendations for designing, implementing, and evaluating interventions to improve self-efficacy, yet it remains easy for readers to find research and interventions that fit their needs. An annotated bibliography allows readers to quickly and critically evaluate all the self-efficacy research cited in the book, which prevents this text from becoming simply a long literature review. Practitioners will be able to put research into practice to serve clients, and students and researchers will be challenged to think critically about the subject and chart the course for new directions in research.

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