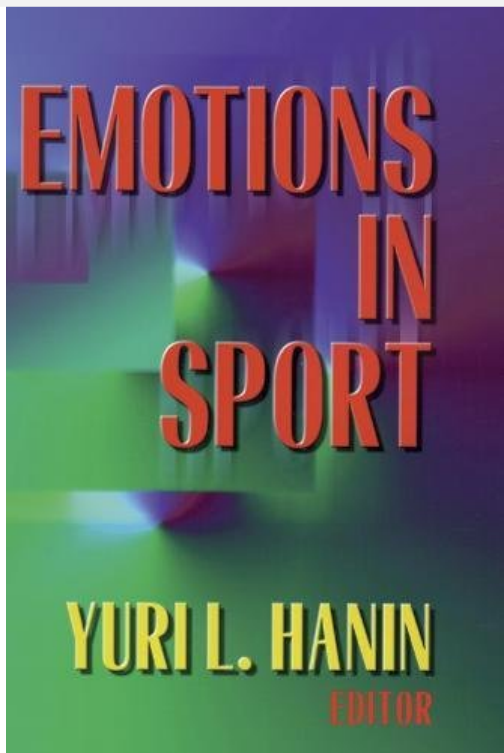

Best PDF Emotions in Sport - Read Online



Book detail

- Title : Best PDF Emotions in Sport - Read Online
- isbn : 0880118792



Book Synopsis

This is a treatment of how individual and team emotions affect athletic performance. It provides students with an understanding of emotional patterns such as anxiety, anger and joy, as well as their impact on individual and team performance. It offers methods for determining the optimal emotional state of individual athletes, strategies for avoiding overtraining, burnout and fatigue, while helping enhance performance. There is an overview of injury management and the positive emotional states that can actually accelerate the healing process and a reproducible IZOF model form and step-by-step data collection instructions.
