SPORT AND EXERCISE PSYCHOLOGY

PRACTITIONER CASE STUDIES

Edited by Stewart Cotterill, Neil Weston and Gavin Breslin

The only series to be approved by the BRITISH PSYCHOLOGICAL SOCIETY

BPS TEXTBOOKS
Sport and Exercise Psychology
BPS Wiley presents a comprehensive and authoritative series covering everything a student needs in order to complete an undergraduate degree in psychology. Refreshingly written to consider more than North American research, this series is the first to give a truly international perspective. Written by the very best names in the field, the series offers an extensive range of titles from introductory level through to final year optional modules, and every text fully complies with the BPS syllabus in the topic. No other series bears the BPS seal of approval!

Many of the books are supported by a companion website, featuring additional resource materials for both instructors and students, designed to encourage critical thinking, and providing for all your course lecturing and testing needs.

For other titles in this series, please go to http://psychsource.bps.org.uk
About the Contributors ix
Acknowledgements xix
About the Companion Website xxi

PART 1  Sport and Performance Psychology

Chapter 1 Introduction
Stewart Cotterill, Neil Weston, and Gavin Breslin

Chapter 2 Managing Difficult Interpersonal Relationships: A Basic Psychological Needs Approach
Richard Hampson and Chris Harwood

Chapter 3 The Use of Team Strengths at a Major Championship
Tim Holder

Chapter 4 Concentration and Optimal Performance Under Pressure
Stewart Cotterill and Aidan Moran

Chapter 5 A Search for Meaning: An Integrative Approach to Stress Management Following a Career-ending Injury
Christopher R. D. Wagstaff

Chapter 6 Personality and Group Functioning: Managing a Narcissist’s Ego
Chelsey Dempsey, Chin Wei Ong, Ross Roberts, and Tim Woodman

Chapter 7 Returning to Sport Following Serious Injury: A Case Study of a Professional Rugby Union Player
Lynne Evans

Chapter 8 Transition Indecision: A Case Study of an Athlete’s Move from Playing to Coaching
Robert Morris and David Tod

Chapter 9 Ahead of the Competition: Anxiety Control in Archery
Joanne Batey and Rebecca Symes

PART 2  Coaching Psychology

Chapter 10 Impression Management in Professional Football: A Case Study from the Coach’s Perspective
Andrew Manley and Richard Thelwell
Chapter 11  Managing Coach Stress in Teams Through Enhanced Role Clarity and Communication  
Neil Weston  
175

Chapter 12  Training a Coach to be Autonomy-Supportive: An Avenue for Nurturing Mental Toughness  
John W. Mahoney, Daniel F. Gucciardi, Sandy Gordon, and Nikos Ntoumanis  
193

Chapter 13  Creating a Successful and Effective Coaching Environment through Interpersonal Sports Coaching  
Vaithehy Shanmugam and Sophia Jowett  
215

PART 3  Motor Learning and Control

Chapter 14  The Role of Psychology in Enhancing Skill Acquisition and Expertise in High Performance Programmes  
Keith Davids, Ian Renshaw, Ross Pinder, Dan Greenwood, and Sian Barris  
241

Chapter 15  Developing Motor Skill in Practice: A Case of Mastering ‘Heelflips’  
Keith Lohse and Nicola J. Hodges  
261

Chapter 16  Improving Anticipation in Racket Sports: An Evidence-based Intervention  
David T. Hendry, Colm Murphy, Nicola J. Hodges, and A. Mark Williams  
279

PART 4  Psychology of Physical Activity and Exercise

Chapter 17  Promoting Physical Activity in Ireland: A Case Study of All Island All Active (AIIA)  
Gavin Breslin, Fiona Chambers, and Deirdre Brennan  
301

Chapter 18  Athlete Wellbeing  
Abbe Brady  
315

Chapter 19  Physical Activity and Self-concept: A Humanistic Intervention  
Susan O’Neill and John Kremer  
333

Chapter 20  Developing a School-based Physical Activity Protocol for Those with Intellectual Disabilities  
Ben Lee Fitzpatrick, Gavin Breslin, and Laurence Taggart  
355

Chapter 21  Exercise and Body Image  
Ruth Lowry  
373

Chapter 22  Physical Activities to Improve Children’s Health (PATCH): Implementing a School-Based Intervention for Children  
Gavin Breslin, Conor Cunningham, and Marie H. Murphy  
395
<table>
<thead>
<tr>
<th>Chapter 23</th>
<th>Contemporary Lifestyle Interventions for Public Health – Potential Roles for Professional Sports Clubs</th>
<th>417</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Colin Baker, Elizabeth Loughren, Diane Crone, Adam Tutton and Peter Aitken</td>
<td></td>
</tr>
<tr>
<td>Chapter 24</td>
<td>Exercise Dependence</td>
<td>437</td>
</tr>
<tr>
<td></td>
<td>Dave Smith, Bruce D. Hale, and Christine Selby</td>
<td></td>
</tr>
<tr>
<td>Chapter 25</td>
<td>Long-term Behaviour Change Through an Exercise Intervention During Breast Cancer Treatment</td>
<td>457</td>
</tr>
<tr>
<td></td>
<td>Anna Campbell and Kate Hefferon</td>
<td></td>
</tr>
</tbody>
</table>

Index 479
Peter Aitken is the Manager of the Bristol Rovers Community Trust. He is a Welsh footballer who played nearly 300 games in the Football League. Peter is a former Gas Head, having played for Bristol Rovers for over eight years and also saw time with Bristol City, York City, Bath City, Bournemouth, Gloucester City, Trowbridge Town, and Forest Green Rovers. In his free time he is a keen golfer.

Colin Baker is a Research Fellow in the School of Sport and Exercise at the University of Gloucestershire. He has extensive applied experience of research and consultancy projects for local government, the NHS, and national sport organizations. His current research interests include sports clubs as health promotion settings, new forms of commissioning in health and factors determining partnership success in sport and physical activity.

Sian Barris is a Biomechanist with the South Australian Sports Institute, having completed her doctorate with the Australian Institute of Sport Diving Programme at the Queensland University of Technology in Brisbane. She has published research studies in biomechanics, performance analysis, and skill acquisition, and presented at national and international conferences on these topics. She currently works with multiple Olympic sports and is interested in the application of skill acquisition and biomechanics concepts in representative training environments.

Joanne Batey is a Senior Lecturer in Sport Psychology at the University of Winchester, UK. She is also a BASES Accredited Chartered Scientist. She has worked in a variety of sports with athletes of varying ages and abilities. Much of her recent applied work has been focused on working with military teams.

Abbe Brady is a Senior Lecturer in Sport and Exercise Psychology at the University of Gloucestershire. She is also a HCPC registered sport and exercise psychologist, and a BASES accredited sport and exercise scientist. She has worked with a range of amateur and professional coaches, teams and individual athletes, and parents to design and provide educational sports programmea, and/or intervention programmes and support through sport psychology. This support has transcended all levels of performance from grassroots to Paralympic/Olympic standards.

Deirdre Brennan is Professor of Physical Education and Sport at Ulster University and Director of Ulster Sports Outreach. She has extensive experience in public and community engagement using sport and physical activity. She has designed award-winning physical activity and sport interventions for a range of populations from primary-school aged children to hard-to-reach youth at risk. Her current interests are in university knowledge transfer and engaging in research designed for impact.

Gavin Breslin is a Senior Lecturer in Sport and Exercise Psychology in the Sport and Exercise Science Research Institute at Ulster University, Northern Ireland a Registered Sport and Exercise Psychologist (Health Care Professions Council) and a Chartered Psychologist (British Psychological Society).
He has extensive applied research and teaching experience in a wide range of sports at a national and international level. His current research interests include the psychology of human performance, motor learning, health behaviour change, and, physical activity and psychological wellbeing.

Anna Campbell is Reader in Clinical Exercise Science at Edinburgh Napier University. Anna is also Physical Activity Advisor to the charity Macmillan Cancer Support and Director of CanRehab which provides training courses to move research into practice with allied health professionals and fitness instructors. Her research interests include examining the physiological, functional, and psychological impact of physical activity interventions on cancer survivorship.

Fiona Chambers is the Director for Sports Studies and Physical Education in the School of Education at University College Cork. She is a Senior Lecturer in Education (Sports Studies and Physical Education). Prior to this role, she worked in the banking sector for six years and then, for 12 years taught physical education, biology, and science at secondary-school level. Fiona’s main research interest is in initial and career-long professional learning for PE teachers and its impact on young people’s learning in PE and sport. Fiona has a particular interest in the role of mentor education in developing the pedagogies that PE teachers need to use sport effectively to promote the health and wellbeing of pupils.

Stewart Cotterill is Head of Department for Sport and Exercise at the University of Winchester, a Registered Sport and Exercise Psychologist (HCPC), a Chartered Psychologist, and BASES accredited Sport and Exercise Scientist. He has extensive applied experience in a wide range of sports at a national and international level. Stewart is also Reader in Sport and Performance Psychology at the University of Winchester. His current research interests include the psychology of performance, leadership in sport, factors determining team performance and professional practice in sport and exercise psychology. He is also author of *Team Psychology in Sports: Theory and Practice* (2013).

Diane Crone is Professor of Exercise Science at the University of Gloucestershire. She has considerable applied experience in the design, delivery, and evaluation of health-promoting interventions in primary care and in the community. Her current research interests include the use of purposeful activity for health improvement (arts and physical activity), the role of exercise in the treatment of mental health problems, and new approaches to developing active environments across Europe.

Conor Cunningham is Research fellow in Physical Activity in the School of Medicine, Dentistry, and Biomedical Sciences at Queens University Belfast. Conor completed his PhD studies on children’s physical activity and health at Ulster University.

Keith Davids is Professor of Motor Learning at the Centre for Sports Engineering Research, Sheffield Hallam University, UK and holds the position of Finnish Distinguished Professor at the University of Jyväskyla in Finland. He has extensive experience as a researcher and consultant with high-performance sport organizations in New Zealand (NZ South Island Academy), Australia (Australian Institute of Sport, Cricket Australia, Diving Australia and the Queensland Academy of Sport), and England (English Institute of Sport). His research, in ecological dynamics, examines movement coordination and its acquisition with respect to individual and team-sport environments.

Chelsey Dempsey is currently a PhD candidate in the School of Sport, Health, and Exercise Science at Bangor University. She is researching the complex reciprocal relationship between self-efficacy and
performance, specifically, the moderators that effect this relationship. Chelsey’s other research interests include self-regulation and performance, and psychophysiological measures of effort and anxiety. Chelsey’s applied work has been across a variety of sports, including professional basketball, Canadian college ice hockey, Team GB Winter Olympic squads, and elite youth swimming.

**Lynne Evans** is a Reader in Sport Psychology and Research Excellence Framework (REF) Coordinator in the Cardiff School of Sport at Cardiff Metropolitan University. For the last 20 years she has combined her commitment to high-quality research (primarily in the psychology of injuries) with her passion for applied work. She is an Associate Editor for the *Journal of Applied Sport Psychology* and an Editorial Board Member of *The Sport Psychologist*. As a BPS Chartered Sport Psychologist and Registered Sport and Exercise Psychologist (HCPC) she provides sport psychology support to a variety of national sport organizations, NGB’s and high-performance athletes.

**Ben Lee Fitzpatrick** is a Research Associate within the School of Sport at Ulster University and a Registered Nurse specializing in acute medical care. He has worked with people with intellectual disabilities (ID) for over 15 years in various capacities and has applied experience in physical activity, sport and exercise in the community. His current research interests include physical activity levels of vulnerable groups, the relationship between physical activity and psychological wellbeing, and the barriers that prevent vulnerable people leading healthier lives.

**Sandy Gordon** is a Professor of Sport and Exercise Psychology at the University of Western Australia, Registered Sport Psychologist (WA), Fellow Member of the Australian Psychological Society (APS), and Member of the APS College of Sport and Exercise Psychologists (CoSEP) and Interest Group in Coaching Psychology (IGCP). His current research interests include mental toughness, psychology and sport injury, and applications of positive psychology in both health and sport settings.

**Daniel Greenwood** is a Senior Skill Acquisition Scientist at the Australian Institute of Sport (AIS). Daniel has worked in applied sport science settings for a decade with roles at the Singapore Sport Council and Queensland Academy of Sport before returning to the AIS in 2014. Daniel has worked at an international level with a variety of team and individual sports, including working with multiple track and field Olympic medalists at the London Olympics in 2012. His current research interests include the combination of coach and scientist knowledge to drive understanding of behaviour in applied contexts, visual regulation of performance, and the representative design of training environments.

**Daniel Gucciardi** is a Senior Research Fellow in the School of Physiotherapy and Exercise Science, Curtin University, Australia. He has published widely on mental toughness in sport, the most significant of these outputs being lead co-editor for the first research book and author of the mental toughness entry in the first *Encyclopedia of Sport and Exercise Psychology* (Eklund & Tenenbaum, 2014). Daniel was the co-recipient of the Australian Psychological Society Early Career Research Award for 2013.

**Bruce Hale** is a Professor of Kinesiology at Penn State University. He has been performance-enhancement consulting for 35 years with hundreds of athletes in junior and collegiate sports, several professional teams, and elite national teams such as USA Wrestling, British Biathlon, USA Rowing, TAC, and USA Rugby. He has published two textbooks, a dozen book chapters, and over 35 research articles in sport and exercise psychology. In the area of exercise dependence in bodybuilders, Bruce has published six articles and five chapters.
Richard Hampson is a sport psychologist working with GB Canoeing. He holds an MSc from Loughborough University, and currently works with the GB Canoe Slalom and Paracanoe teams. He has a range of applied experience including work in professional golf, windsurfing and professional football and rowing.

Chris Harwood is a Reader in Applied Sport Psychology at Loughborough University. He is a Registered Sport and Exercise Psychologist (HCPC), Chartered Psychologist, and BASES High Performance Sport Accredited Sport and Exercise Scientist. His research interests focus on the psychological aspects of youth sport with a particular focus on the psychology of parenting and coaching. A former Vice President of FEPSAC, Chris is currently the Chair of the Psychology Division for BASES. As a consultant in sport psychology, he has worked extensively with the Lawn Tennis Association, the Football Association, and several professional football clubs. He holds fellowships of both AASP and BASES for his contributions to applied sport psychology and sport science.

Kate Hefferon is a Senior Lecturer and Chartered Research Psychologist at the University of East London. She has worked on several projects aimed at understanding the links between wellbeing and physical activity within normal and clinical populations. Her research interests lie within the areas of posttraumatic growth, resilience, embodiment, physical activity, and wellbeing.

David Hendry is a doctoral candidate working in the motor skills laboratory at the University of British Columbia in Vancouver, Canada. His main research interests lie in the development of sports expertise, skill acquisition, and sports coaching. He completed his undergraduate degree in Sport Science from Edinburgh Napier University and his MSc in Kinesiology from the University of British Columbia. David has also operated as an elite level soccer coach with Glasgow Rangers FC and the Scottish FA.

Nicola Hodges is a Professor in the School of Kinesiology at the University of British Columbia in Vancouver, Canada. She runs the Motor Skills Lab. which is funded through all three tri-council agencies in Canada (CIHR, NSERC, and SSHRC). She studies processes of motor learning and control and expert performance. Her work looking at practice behaviours involves laboratory experiments and survey work with beginners and elite sports performers. She is in the High Performance Athlete Development Research group of the Canadian Olympic Sport Organization, Own-The-Podium.

Tim Holder is Senior Lecturer in Coaching and Performance at the Institute of Coaching and Performance at the University of Central Lancashire. He is an HCPC Registered Sport and Exercise Psychologist, British Psychological Society Chartered Psychologist, a Chartered Scientist, and a British Association of Sport and Exercise Sciences Accredited Sport and Exercise Scientist. Tim has worked with a number of national governing bodies of sport providing psychological support including table tennis, amateur boxing, swimming, sailing, and synchronized swimming in addition to a range of individual performers across varied individual and team sports. He has worked as a sport psychologist at two Olympic Games and numerous World and European Championships. His research interests include the use of observations in applied practice, coaching, and skill acquisition.

Sophia Jowett is a Reader in Psychology within the School of Sport, Exercise, and Health Sciences at Loughborough University. She is a BPS chartered psychologist with the Division of Sport and Exercise Psychology. Her main research interests revolve around interpersonal relationships in sport with an emphasis on coaching relationships. More recently this work has started to make an impact on other
life domains including work (business, organizations) and education (primary and secondary schools). This research is orientated towards ‘making a difference’ through generating knowledge and understanding the effectiveness of quality relationships.

**John Kremer** is an Honorary Research Fellow at Queen’s University Belfast where he previously lectured in Applied Psychology for over 30 years. He is a Registered Sport and Exercise Psychologist and has either co-authored and/or co-edited a number of texts in sport and exercise psychology. John continues to work with a number of teams and individuals across a wide range of sports.

**Keith Lohse** is an Assistant Professor in the School of Kinesiology at Auburn University in Auburn, Alabama. He is the principal investigator of the Motor Learning Laboratory and teaches courses on neuromotor control, learning, and biostatistics. His current research focuses on modelling how the dose of physical practice relates to improvements in physical therapy and the use of play/games to facilitate motor learning and rehabilitation.

**Elizabeth Loughren** is a Research Fellow in the School of Sport and Exercise at the University of Gloucestershire. She has extensive applied experience in health promotion interventions including workplace wellbeing and Arts-on-referral. Her current research interests include the relationship between physical activity and wellbeing, behaviour change, and the use of online technology for physical activity and health promotion.

**Ruth Lowry** is a Senior Lecturer in Exercise Psychology at the University of Chichester, a Registered Sport and Exercise Psychologist (HCPC), Chartered Psychologist and a Chartered Scientist. She has experience of health promotion intervention evaluation and training of fitness professionals in relation to psychological aspects of physical activity and exercise. Ruth’s current research interests include the social influences on health behaviour change, motivation towards physical activity, exercise-related body image issues and the use of drumming for health and wellbeing.

**John Mahoney** is a doctoral researcher jointly enrolled at the School of Human Movement Studies at the University of Queensland and the School of Sport, Exercise, and Rehabilitation Sciences at the University of Birmingham, as well as a practising psychologist in Australia. He also holds lecturing positions at the Australian Catholic University and the Australian Institute for Applied Counsellors. John’s key research interest regards the role of coaches in the development of mental toughness in athletes. He was also the recipient of a Young Investigators Research Grant from the Association for Applied Sport Psychology in 2013.

**Andrew Manley** is a Senior Lecturer in Sport and Exercise Psychology at Leeds Beckett University. He is also a Registered Sport and Exercise Psychologist with the Health and Care Professions Council, a Chartered Sport and Exercise Psychologist with the British Psychological Society, and a Fellow of the Higher Education Academy. Andrew works with athletes and coaches from a range of backgrounds and sports to enhance psychological aspects of their performance and wellbeing. His primary research examines the impact of specific sources of information (e.g., reputation, clothing) on perception and behaviour within various interpersonal relationships (e.g., coach-athlete, student-teacher, client-practitioner).

**Aidan Moran** is Professor of Cognitive Psychology and Director of the Psychology Research Laboratory in University College Dublin, Ireland. A Fulbright Scholar, he is the Editor-in-Chief of the
International Review of Sport and Exercise Psychology and co-author (with John Kremer) of Pure Sport: Practical Sport Psychology (2nd ed, Kremer & Moran, 2013). He is a former psychologist to the Irish Olympic Squad and has advised many of Ireland’s leading professional athletes and teams (e.g., the Irish rugby team). His research investigates mental/motor imagery, attention (eye-tracking) and the cognitive processes underlying expertise in skilled performance.

Robert Morris is a Lecturer in Sport Social Science at Liverpool John Moores University. He is a Registered Sport and Exercise Psychologist (Health and Care Professions Council) and British Psychological Society Chartered Psychologist. Robert has worked with a number of athletes and coaches in the United Kingdom in a range of different sports including golf, football, and rugby. His research interests include athlete career transition, particularly the youth-to-senior and retirement from sport transitions, and organizational psychology and its influence on sport performers.

Colm Murphy is a PhD research student at the Centre for Sports Medicine and Human Performance at Brunel University. He holds BSc in Sport Science and Health from Dublin City University and is a certified performance tennis coach. His current research is exploring the contextual aspect of anticipation in tennis, and the perceptual-cognitive processes underlying expertise in such a skill.

Marie H. Murphy is Professor of Exercise and Health and leads the Centre for Physical Activity and Health Research (CPAHR) at Ulster University. She is a Fellow of the American College of Sports Medicine, the British Association of Sport and Exercise Sciences and the Higher Education Academy. Marie’s research interests include the role of exercise, in particular walking, on health.

Nikos Ntoumanis is a Research Professor at the School of Psychology and Speech Pathology, Curtin University, Australia. He is a Fellow of the UK’s Academy of Social Science and Associate Fellow of the British Psychological Society. He is interested in personal and contextual factors that optimize motivation and promote performance, psychological wellbeing and health-conducive behaviours in various physical activity settings (exercise, sport, physical education). He is the current Editor-in-Chief of Psychology of Sport and Exercise.

Susan O’Neill is a Lecturer in the School of Psychology at Queen’s University, Belfast, and a Chartered Psychologist with the British Psychological Society and Division of Sport and Exercise Psychology. Susan has applied experience in sport and exercise, with a specific focus on exercise. Her current research interests include understanding the meanings given to the exercise experience and the impact of social-cultural influences on physical activity participation and performance across a range of ‘minority’ groups.

Chin Wei Ong is currently a PhD candidate in the School of Sport, Health and Exercise Science in Bangor University. Previously, Chin Wei worked with elite youth athletes across various sports as the principal sport psychologist at the Singapore Sports School. His research interests include the dynamic relationship between personality (primarily narcissism) and performance (leadership), psychological aspects of talent development and anti-doping in sport.

Ross Pinder is a Skill Acquisition Specialist with the Australian Paralympic Committee, and has extensive experience across a wide range of sports at national and international level. He completed a PhD in motor learning and skill acquisition before going on to hold research, lecturing, and applied roles, where he has published work in several high-quality international journals and presented at
national and international conferences and coaching courses. His research interests include ecological dynamics approaches to perception and action in sport, and he is primarily interested in maximizing skill learning in sport through the use of constraints-led and representative experimental and practice designs.

**Ian Renshaw** is a Senior Lecturer at Queensland University of Technology. Ian has worked as a skill acquisition specialist with a number of national bodies and sports organizations. Most notable was his work with the Centre of Excellence for Cricket Australia. His current research interests include nonlinear pedagogy, ecological dynamics, decision-making in sports, sports pedagogy, and emotions in learning.

**Ross Roberts** is a Lecturer in Sport and Exercise Psychology and Co-director of the Institute for the Psychology of Elite Performance (IPEP) at Bangor University. He is an HCPC registered sport and exercise psychologist, an Associate Fellow of the British Psychological Society (BPS), and is accredited by the British Association of Sport and Exercise Sciences. His research interests focus on personality in relation to performance contexts and he has published in a wide range of leading personality, sport psychology, and neuroscience journals. He is also an editorial board member of *The Sport Psychologist*. In his spare time Ross likes to feed his addiction to running in the mountains of Snowdonia.

**Christine Selby** is an Associate Professor of Psychology at Husson University, United States, and she is a licensed psychologist who maintains a part-time private practice. She is a Certified Eating Disorder Specialist with the International Association of Eating Disorders Professionals and is a Certified Consultant with the Association for Applied Sport Psychology. Christine has published primarily in the area of eating disorders in athletes for largely non-academic audiences. She has also presented locally and nationally on eating disorders and related topics at professional conferences and to allied professionals who work directly with those dealing with eating disorders and related concerns.

**Vaithehy Shanmugam** is a Lecturer and Programme Director for the BSc in Sport and Exercise Psychology at University of Central Lancashire. She is a BPS chartered psychologist within the Division of Sport and Exercise Psychology and an active researcher and practitioner. Her main research interests revolve around athlete welfare. Specifically, she is interested in understanding the psychological, social, interpersonal, developmental, and environmental etiology and consequences of mental health among athletes. Areas of particular interest include eating disorders, depression, self-harm, and compulsive exercise. She has over eight years of experience working as a practitioner with a diverse range of athletes ranging in both competition level and sport type.

**Dave Smith** is a Senior Lecturer in Sport Psychology at Manchester Metropolitan University. He is also a British Psychological Society Chartered Psychologist and registered with the Health and Care Professions Council. Dave’s research interests include exercise dependence, muscle dysmorphia, drug use, and the psychology of strength sports generally, as well as the use of psychological skills (particularly imagery) and other interventions in sport and health contexts. Dave has also appeared on radio and television all over the world to discuss his work. He has worked with athletes at all levels in various sports, with a particular interest in bodybuilding and strength sports.

**Rebecca Symes** is Registered Practitioner Sport Psychologist with the Health and Care Professionals Council and a chartered member of the British Psychological Society. She runs her own consultancy,
Sporting Success Ltd, working with a range of elite and professional athletes and teams. Her experience spans across a variety of sports including cricket, archery, mixed martial arts, football, and swimming. Rebecca also does a small amount of work in the corporate sector applying the principles of performance psychology.

Laurence Taggart is a Reader in the Institute of Nursing and Health Research at Ulster University. Laurence’s main research interests focus on the physical and mental health of people with learning disabilities, health promotion, the needs of family carers, the training needs of carers, and service developments.

Richard Thelwell is Head of the Department for Sport and Exercise Sciences at the University of Portsmouth. He has extensive applied-practitioner experience and is a Registered Practitioner Psychologist with the Health and Care Professions Council, a Chartered Psychologist of the British Psychological Society, and, an Accredited Sport and Exercise Scientist with the British Association of Sport and Exercise Sciences. His current research interests are within the area of coach psychology and in particular the themes of expectation effects, stress, emotion, coping and performance, and psychological skills and behaviour change.

David Tod is a Senior Lecturer in Sport Psychology at Liverpool John Moores University, Liverpool, England. He is a British Psychological Society Chartered Psychologist. David has worked with numerous athletes and coaches across multiple sports in New Zealand, Australia, and the United Kingdom, from weekend warriors to elite and professional performers. His research interests include athlete career transition, expertise in sport psychologists, and the relationship between identity and health behaviour.

Adam Tutton is Head of Education at the Bristol Rovers Community Trust. He leads all classroom and course-work activities for the BTEC Futsal Scholars and Foundation Degree in Community Football Coaching and Development. As a qualified head teacher for 12 years, Adam draws on vast experience to lead various courses and apply to real world settings. In his free time he travels to Cornwall with his family in search of the perfect wave.

Christopher Wagstaff is a Senior Lecturer and Course Director at the University of Portsmouth. His diverse consultancy work spans international, Olympic and Paralympic athletes, coaches and support staff, business executives, senior military officers, and emergency service personnel. He is a Chartered Psychologist and Associate Fellow of the British Psychological Society, a registered Practitioner Psychologist and Partner at the Health and Care Professions Council, and is British Association of Sport and Exercise Sciences accredited. Chris has published widely on organizational psychology in sport and is an Associate Editor of the Journal of Applied Case Studies in Sport and Exercise Sciences.

Neil Weston is a Principal Lecturer in Sport Psychology at the University of Portsmouth. He is also a Registered Sport and Exercise Psychologist (Health and Care Professions Council) and British Psychological Society Chartered Psychologist. Neil has worked with a number of athletes and coaches across a range of team and individual sports helping them to optimize their mindset and realize their potential. His research interests include examining the impact of psychological skills interventions upon performance and in particular investigating the psychology of human performance in extreme environments.
Mark Williams is a Professor and Head of Life Sciences at Brunel University. He is a Fellow of the European College of Sport Sciences, the British Association of Sport and Exercise Science, and the British Psychological Society. He is chartered by the British Psychological Society and is accredited by the British Association of Sport and Exercise Sciences to work in high-performance sport. He has published extensively in areas related to anticipation and decision-making, effective practice and instruction, and talent identification and development.

Tim Woodman is a Professor of Sport and Exercise Psychology and an accredited Psychologist with the British Psychological Society (BPS) and the British Association of Sport and Exercise Sciences (BASES). He is the current Director of Bangor University’s School of Sport, Health, and Exercise Sciences. He has published over 50 peer-reviewed articles in the flagship journals of personality, social psychology, and sport psychology. He is an Associate Editor for *The Sport Psychologist* and is on the editorial board of *Psychology of Sport and Exercise*. When he is not working, he is often found planning his next adventure in the great outdoors.
We would like to take this opportunity to acknowledge the significant contribution made to this text by all of the individual chapter authors. We thank you all for your many hours of hard work throughout the process. We would also like to acknowledge the willingness of the clients who consented to have their experiences told and discussed. Also, thank you to everyone at Wiley for their support and guidance through the process.

**Stewart**
To my co-editors Neil and Gavin, thank you for all your hard work in making this vision a reality. To the stars that shine brightest in my life, my wife Karen, daughter Isabelle, and son William. I think it is time we spent a summer at the beach!

**Neil**
I dedicate this book to my parents for their continuous support and encouragement to pursue this highly enjoyable sport psychology career and also to my wife Sarah and three children, Tom, Daisy, and Sophie for the love and fun they bring to my life.

**Gavin**
I dedicate this book to my parents and six elder brothers for their unending support and encouragement in my career, my wife Emmylou for all her love and guidance, and Aoife and Erin for all the happiness they bring to my life.
This book is accompanied by a companion website:


The website includes:

- All figures/tables
- Talking heads videos
- Sample essay questions
- Links to other/further resources
Part 1  Sport and Performance Psychology
1 Introduction

Stewart Cotterill, Neil Weston, and Gavin Breslin
INTRODUCTION TO THE BOOK

The field of sport and exercise psychology has grown significantly over the last 20 years in line with a notable increase in the number of applied sport and exercise psychology practitioners globally. This growth has, in turn, driven the formalization and enhancement of sport and exercise psychologist training and qualification routes. While there is diversity in the approaches adopted in different countries and across different continents, the ultimate aim is the same, to enhance the quality of the service that we, as sport and exercise psychologists, offer to our clients and organizations.

While these developments are important for the field of sport and exercise psychology, less emphasis has been placed on sharing sport and exercise psychology practitioner experiences. In particular, it is evident that there has been a lack of discussion and dissemination of the different approaches to practice that sport and exercise psychologists have employed to meet the needs of their clients. As a consequence, in our experience trainee sport and exercise psychologists have historically not been exposed enough at a developmental level to the range of possible approaches that might be available to them. This is however changing and a number of education providers are now providing more comprehensive educational programmes for those students/practitioners interested in a career as a sport and/or exercise psychologist.

There has also recently been an encouraging increase in the volume of applied sport and exercise psychology books and peer-reviewed academic journal articles. However the detail as to the interventions employed by the practitioners and the evidence base to justify them, is still insufficient. Hence the present book seeks to overcome these limitations and provide a broad range of sport and exercise case studies covering a range of diverse approaches to practice, and crucially articulating the evidence base underpinning these approaches.

The book is designed to achieve a number of outcomes. First, it provides trainee and qualified practitioners alike with an opportunity to read a wide range of case studies detailing client initial assessment, intervention selection and implementation, as well as the consultant’s reflection and evaluation of their experiences. Second, the book seeks to provide readers with an evidence-based approach to the consultancy experience through initial assessment and intervention to evaluation. Third, the book aims to provide a broad range of practitioner approaches to assessing and addressing key performance issues evident in the modern day sport and exercise environments. Finally, authors in each chapter recommend further reading for exploration if the reader is keen to develop a greater understanding of a particular approach or technique.

This book is designed to be a contemporary text, with each chapter integrating both research and applied practice in developing a coherent understanding of current knowledge, future research directions and applied implications within the field. In particular, the text explores issues pertinent to the trainee/applied practitioner/supervisor within the field, and through the use of expert commentary explores potential solutions to many of these key issues.

The specific aims of this book are to:

- Present a range of case studies examining how sport psychology practitioners initially assess the needs of their client(s), in addition to how they approach an intervention to improve the client’s situation.
- Provide an evidence-based approach to solving client problems while also allowing practitioners the scope to discuss and reflect upon alternative creative strategies that could have informed their interventions.
- Provide practitioners with a contemporary knowledge base in a range of sport and exercise discipline areas in addition to future research suggestions and applied implications.
• Explore issues pertinent to the applied practitioner/supervisor within the field and through the use of expert commentary explore potential solutions to many of these key issues.

THE NATURE OF APPLIED WORK IN SPORT AND EXERCISE PSYCHOLOGY

Applied practice within the domain of sport and exercise psychology is both diverse and eclectic in its nature. Indeed, the broad range of case studies presented in this book serves to reinforce this view. The domain for the applied practitioner ranges from working with individual athletes, coaches, and patients to teams, clubs, public health organizations, and broader settings. Coupled with this, practitioners can work with current or future Olympic champions, professional athletes, talented young performers, individuals and groups seeking to make healthier life choices, influence public-policy decisions, and to facilitate recovery and adaptation following serious health conditions such as strokes, cancer, and diabetes; and mental health issues such as depression and anxiety disorders. Indeed, the breadth of the field of sport and exercise psychology is truly astounding. Such a range of potential applications of psychology across the sport and exercise field raises questions about whether this can be covered in a single training/development programme. This is though beyond the focus of the current text. This book seeks to explore and highlight the diversity of applied practice facing current sport and exercise psychology practitioners, sharing a range of approaches and crucially their underpinning theoretical and empirical basis.

OVERVIEW OF THE BOOK

The book is comprised of 25 chapters, arranged in four parts: Part I, Sport and Performance Psychology; Part II, Coaching Psychology; Part III, Motor Learning and Control; and Part IV, Psychology of Physical Activity and Exercise. Each chapter is designed to offer the reader an in-depth understanding of the particular case study and approach adopted. Also specific learning outcomes are articulated, and a number of key areas to consider when reading the chapter. Each chapter then presents an overview of the client and the issue before outlining the needs analysis process that guided the decisions regarding the interventions adopted. The framework underpinning the intervention and the associated processes are explained before the authors reflect upon the effectiveness of the approaches adopted. Finally, avenues for further exploration and reading are described to develop a greater understanding of the approaches and interventions presented in the chapter. It is important to state at this point that some of the chapters are real experiences that the clients have given their consent to be published, and some are hypothetical case studies. The chapters are supported by online resources including ‘Talking Heads’ videos from the authors, sample essays, questions, and further weblinks.

Sport and Performance Psychology

This part of the book explores a range of interventions where the presenting problems are sport and performance focused. In particular, Part I explores psychological factors including managing interpersonal relationships, confidence, concentration and rumination, stress management, personality
and group functioning, injury rehabilitation, supporting athletes through career transitions; and the provision of psychological support during major events.

Coaching Psychology

This second part of the book focuses explicitly on the coach, and the potential psychological challenges coaches face. In particular, this part of the book focuses on case studies examining the coach’s stress and coping experience, impression management in coach/athlete interactions, creating successful coach/athlete relationships, and nurturing mental toughness through autonomous supportive coaching.

Motor Learning and Control

This part of the book explores motor learning and control and the use of these approaches in applied practice. Specifically, this part of the book explores the cognitive processes involved in the development of motor skills in practice, the development of visual anticipation skills, and the development of perception and action through an ecological-based approach.

Psychology of Physical Activity and Exercise

This final part of the book considers the use of physical activity and exercise as a medium through which a range of health and wellbeing outcomes can be achieved. Specifically, this part of the book explores the challenges of physical activity promotion on a population level, the relationship between exercise and wellbeing, the links between physical activity, self-esteem, and self-concept, intellectual disability and exercise, exercise and body image, exercise dependence, physical activity in children, physical activity and the environment around us, and exercise use in cancer care.

Taking all these chapters collectively, we hope you will enjoy the read and in so doing get a real feeling for the diverse nature of the applied field of sport and exercise psychology. It has been our pleasure working with the authors of each chapter to bring the reader an international, contemporary, informative and diverse textbook.

Stewart, Neil, and Gavin