Exercise Psychology: The Influence of Physical Exercise on Psychological Processes

Peter Seraganian (Editor)


DESCRIPTION

Examines both the basic and applied research that has explored the influence which physical activity has upon psychological states. Organized into three sections: history and theory, research approaches, findings and applications. Individual chapters are contributed by distinguished researchers and practitioners representing three distinct disciplines: health psychology, physical education and exercise physiology. Provides a balanced, critical and up-to-date portrait of the field.

ABOUT THE AUTHOR

Peter Seraganian is the author of Exercise Psychology: The Influence of Physical Exercise on Psychological Processes, published by Wiley.

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