## DESCRIPTION

*Sport and Exercise Psychology: Practitioner Case Studies* focuses on the most current issues in the field, integrating research and practice to develop a coherent understanding of current knowledge, future research directions and applied implications within the field. This is the first book to include theory-based case studies for sport performance, exercise and skill acquisition in one publication. This text provides content that is directly applicable to those students wishing to enter the profession via various national accreditation schemes, in addition to providing chartered psychologists with a text that can directly inform their reflections of their own practice. Sport and Exercise Psychology is supported by an online learning environment that includes ‘talking heads’ videos for each chapter, further resources, questions and links to relevant external materials.

## ABOUT THE AUTHOR

Dr Stewart Cotterill is a Reader in Sport and Performance Psychology at the University of Winchester. Dr Cotterill is the author of several books, including *Team Psychology in Sports* (2012) and *The Psychology of Cricket* (2013). He is the inaugural editor of the Association of Applied Sport Psychology (AASP) Case Studies in Sport and Exercise Psychology (CSSEP) journal, and serves on the BPS Sport & Exercise Psychology committee. He has extensive applied experience and is currently working as a consultant in professional rugby.
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Dr Gavin Breslin is a Senior lecturer in Sport and Exercise Psychology at Ulster University. Dr Breslin has co-authored over 40 peer reviewed articles in the area of sport and exercise, is the Course Director for the MSc in Sport and Exercise Psychology at Ulster, and is a committee member of the BPS Division of Sport & Exercise Psychology (DSEP).

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