



Advances In Motivation In Sport & Exercise

Glyn Roberts

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Much like its predecessor, *Motivation in Sport and Exercise*, *Advances in Motivation in Sport and Exercise* brings together several top scholars in sport and exercise psychology to present the latest information on motivational behavior in exercise, physical education, and sport. Each contributor sheds new light on the process of motivation and the variables and constructs that help us to understand why we are motivated or are not motivated.

This extensive resource thoroughly examines key motivational concepts such as

-self-efficacy,

-perceived competence,

-achievement goals,

-self-determination, and

-perception of control.

Although the contributors employ different frameworks to examine the subject, each uses a social cognitive perspective on motivation, which makes for a more cohesive book rather than just a collection of articles.

The research provides valuable insight on enhancing motivation in physical activities. More important, it should inspire the reader to apply this insight in the gym, in the pool, and on the playing field, where it can truly make a difference in performance.

Advances in Motivation in Sport and Exercise is an excellent reference for professionals in both clinical and applied psychology, particularly those who work with athletes, coaches, teachers, and parents.

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