

		MOI	Almost Never	Rarely	Sometimes	Frequently	Almost Always
1	I am accomplishing many worthwhile things in my sport	RA	1	2	3	4	5
2	I feel so tired from my training that I have trouble finding energy to do other things	E	1	2	3	4	5
3	The effort I spend in my sport would be better spent doing other things	SD	1	2	3	4	5
4	I am not achieving much in my sport	RA	1	2	3	4	5
5	I feel overly tired from my sport participation	E	1	2	3	4	5
6	I don't care about my sport performance as much as I used to	SD	1	2	3	4	5
7	I am not performing up to my ability in my sport	RA	1	2	3	4	5
8	I feel "wiped out" from my sport	E	1	2	3	4	5
9	I am not into my sport like I used to be	SD	1	2	3	4	5
10	I feel physically worn out from my sport	E	1	2	3	4	5
11	I feel less concerned about being successful in my sport than I used to	SD	1	2	3	4	5
12	I am exhausted by the mental and physical demands on my sport	E	1	2	3	4	5
13	It seems that no matter what I do, I don't perform as well as I should	RA	1	2	3	4	5
14	I feel successful at my sport	RA	1	2	3	4	5
15	I have negative feelings toward my sport	SD	1	2	3	4	5

Note: Items 1 and 14 are reverse scored, MOI = measure of interest, RA = reduced accomplishment, SD = sport devaluation, E = exhaustion

Athlete Burnout Questionnaire

Shane M. Murphy

A red circular graphic with a gradient, appearing as a semi-circle or a partial circle, located to the right of the author's name.

Athlete Burnout Questionnaire:

The Athlete Burnout Questionnaire Manual Thomas D. Raedeke, Alan L. Smith, 2009 This test manual the fourth in FIT's Sport and Exercise Psychology Test Clearinghouse is a succinct and informative resource outlining the conceptual basis of the athlete burnout syndrome and its measurement The manual delineates the process used in developing the ABQ and provides users with information on the meaning of scores derived from its use Aspects related to the ABQ are presented in a comprehensive manner Athlete Burnout Questionnaire ABQ along with the guidelines for administering and scoring it Conceptual underpinnings of the ABQ including an overview of the burnout construct and the operational definition used to guide item development as well as a description of how the preliminary item pool was developed Review of research using a within network approach to examining the internal structure of the burnout construct based on the ABQ plus a description of both internal consistency and stability of ABQ scores Discussion of a between network approach to construct validation by examining the relationship of ABQ scores to theoretically relevant variables stemming from stress sociological and motivational perspectives on burnout Basic descriptive statistical information that can help users interpret the meaning of scores derived from the ABQ

The Biophysical Foundations of Human Movement Bruce Abernethy, 2005 This comprehensive book presents an integrated study of human movement and applies this knowledge to human performance and physical activity across the lifespan The Biophysical Foundations of Human Movement Second Edition considers basic methods and concepts typical research questions key historical developments professional training and organizations and suggestions for further reading within each subdiscipline The authors offer a unique perspective on the subdisciplines by exploring not only the basic science but also the changes in human movement and movement potential that occur throughout the lifespan as well in response to training practice and other lifestyle factors

Sports and Athletics Developments James Harry Humphrey, 2008 Sports and athletics are at the focus of attention of millions and millions of people around the world regardless of the level of the sport of athletic competition There is perhaps more learned about life on the playing fields than anywhere else This book brings together developments in this diverse field

Professional Practice in Sport Psychology Sheldon Hanton, Stephen Mellalieu, 2012-03-12 Sport psychologists working with athletes teams and sports performers are only as effective as their professional techniques and competencies will allow This is the first book to offer a detailed and critical appraisal of the conceptual foundations of contemporary professional practice in sport psychology The book presents a series of reviews of the most up to date academic and professional literature on professional practice exploring issues that all psychologists face when working with clients in sport and offers important evidence based recommendations for best practice Key topics covered include models of practice and service delivery counselling and clinical intervention working with teams working with young performers providing life skills training managing career transitions working with special populations enhancing coach athlete relations With contributions from leading sport psychology consultants in the UK the US

Canada Australia and continental Europe this is a comprehensive and thought provoking resource that bridges the gap between research and application It is vital reading for all advanced students researchers and professionals working in sport psychology **The Youth Athlete** Brian J. Krabak, M. Alison Brooks, 2023-06-22 The Youth Athlete A Practitioner's Guide to Providing Comprehensive Sports Medicine Care includes topics that provide the most comprehensive and holistic understanding of the youth athlete The foundation of the book focuses on the growth and development of the athlete from child to adolescence balancing their physical mental and emotional needs The middle sections expand on this foundation concentrating on common injuries and illnesses as well as unique topics e g Female Athlete Triad Sports Specialization Final sections emphasize specific sports e g Soccer Basketball eSports allowing the reader to synthesize the previous information to assist with return to play decision making Written from a scientific perspective and incorporating evidence based medicine into its content this book is perfect for health care practitioners of varied specialties The complete and comprehensive structure of the book will clearly distinguish it from all other textbooks on the market Covers diverse topics that reflect our current understanding of youth athletes and issues related to their care Incorporates evidence based approach highlighting the latest state of the art information and research Written by global content experts throughout the sports medicine field

Measurement in Sport and Exercise Psychology Gershon Tenenbaum, Robert C. Eklund, Akihito Kamata, 2011-11-18 Measurement in Sport and Exercise Psychology provides a complete analysis of the tools and methods used in sport and exercise psychology research Each chapter of this accessible text presents key measurement variables and concepts including their definitions an evaluation of the measurement constructs and tools available and an explanation of any controversies in each topic The text includes access to an online resource that presents 14 measurement instruments in their entirety This resource also contains additional web links to many other measurement instruments Drawing on their experience as leading researchers in the field editors Tenenbaum Eklund and Kamata have selected a team of recognized scholars to bring both breadth and depth to this essential resource By thoroughly examining each measurement tool Measurement in Sport and Exercise Psychology assists readers in determining strengths and limitations of each tool and discovering which tools are best suited to their research projects Readers will also gain critical knowledge to expand the field by recognizing opportunities for new methods of measurement and evaluation The text begins with a historical review of measurement in sport and exercise psychology followed by a comprehensive description of theories and measurement issues It provides detailed information regarding ethical and cultural issues inherent in the selection of specific testing protocols as well as issues in interpreting meta analysis This is followed by discussion of the commonly used constructs and inventories in three areas cognition perception and motivation measurement emotion affect and coping measurement and social and behavioral measurement Recommendations for researchers and practitioners included at the end of each chapter provide starting points for considering ways to incorporate chapter content into research projects and professional practice Tables

located at the end of each chapter summarize key information for quick reference and provide online sources when available so that readers can access each measurement tool Original source information is provided for those tools not available online Measurement in Sport and Exercise Psychology assists readers in evaluating the effectiveness of specific measurement tools As the most complete and up to date directory of tools and inventories in the field of sport and exercise this text offers a thorough explanation of considerations controversies recommendations and locations for accessing these measurement tools

Assessment in Applied Sport Psychology Taylor, Jim, 2017-09-08 Assessment in Applied Sport Psychology is a comprehensive resource that will help practitioners gain a deep understanding of assessment in order to build trusting relationships and effective intervention plans that address the needs and goals of their clients **The Oxford Handbook of Sport and Performance Psychology** Shane M. Murphy, 2012-09-06 This title describes current research findings in the study of human performance Experts from all fields of performance are brought together covering domains including sports the performing arts business executive coaching the military and other applicable high risk professions **New Methodological, Intervention and Neuroscientific Perspectives in Sports Psychology, volume II** Antonio Hernández-Mendo, Jose María Carames Tejedor, M. Teresa Anguera, Verónica Morales-Sánchez, 2025-06-26 This Research Topic is the second volume of the Research Topic New Methodological Intervention and Neuroscientific Perspectives in Sports Psychology Please see the first volume here Within the discipline of sport psychology considerable work involves the development implementation and evaluation of interventions to improve the world of sport The importance of theory as a basis for such intervention efforts has been strongly emphasized In recent years research has shown that there are three factors on which to base future developments methodological innovations e g Mixed Methods new intervention approaches e g Empowering Disempowering Climates and advances in neuroscience e g inhibitory circuits Regarding methodological innovations the importance of mixed methods in this field is highlighted by their profound significance Indeed procedural innovations with direct and indirect observational data has allowed the observational methodology to be considered as a mixed method in itself This approach has been implemented in recent years in many publications relating to various sports Other methodological advances involve the evolution of structural equation analysis For example the increasing use of invariance analysis mediation analysis PLS software which allows non normal samples multilevel analysis generalizability analysis and the graphical evolution of data with programs such as Neo4j Routledge International Handbook of Sport Psychology Robert J. Schinke, Kerry R. McGannon, Brett Smith, 2016-02-05 Contemporary sport psychology is a rapidly developing and theoretically rich discipline and a sophisticated and challenging profession The Routledge International Handbook of Sport Psychology offers a comprehensive and authoritative guide to contemporary sport psychology in all its aspects Written by a team of world leading researchers and practitioners from five continents including both established scholars and the best emerging talents the book traces the contours of the discipline of sport psychology introducing

fundamental theory discussing key issues in applied practice and exploring the most important themes topics and debates across the sport psychology curriculum Uniquely the book presents comparative studies of the history and contemporary practice of sport psychology in ten countries including the US UK China Japan Brazil Russia and Israel helping the reader to understand the cultural and contextual factors that shape international practice in sport psychology As well as covering in depth the core pillars of sport psychology from motivation and cognition to group dynamics the book also includes a full section on cultural sport psychology a vital but under explored sub discipline that is having a profound influence on contemporary theory and practice With 56 chapters and unparalleled range depth and currency the Routledge Handbook of International Sport Psychology is an essential addition to any library with a serious holding in sport psychology

Routledge International Handbook of Failure Adriana Mica, Mikołaj Pawlak, Anna Horolets, Paweł Kubicki, 2023-01-30 This Handbook examines the study of failure in social sciences its manifestations in the contemporary world and the modalities of dealing with it both in theory and in practice It draws together a comprehensive approach to failing and invisible forms of cancelling out and denial of future perspectives Underlining critical mechanisms for challenging and reimagining norms of success in contemporary society it allows readers to understand how contemporary regimes of failure are being formed and institutionalized in relation to policy and economic models such as neo liberalism While capturing the diversity of approaches in framing failure it assesses the confluences and shifts which have occurred in the study of failure over time Intended for scholars who research processes of inequality and invisibility this Handbook aims to formulate a critical manifesto and activism agenda for contemporary society Presenting an integrated view about failure the Handbook will be an essential reading for students in sociology social theory anthropology international relations and development research organization theory public policy management studies queer theory disability studies sports and performance research Foundations of Sport and Exercise Psychology Robert S. Weinberg, Daniel Gould, 2014-11-11 Please note This text was replaced with a seventh edition This version is available only for courses using the sixth edition and will be discontinued at the end of the semester As the leading text in sport and exercise psychology Foundations of Sport and Exercise Psychology Sixth Edition With Web Study Guide provides a thorough introduction to key concepts in the field This text offers both students and new practitioners a comprehensive view of sport and exercise psychology drawing connections between research and practice and capturing the excitement of the world of sport and exercise The internationally respected authors have incorporated feedback from teachers and students to create a text that builds on previous editions making the material accessible to readers In depth learning aids have been refreshed including chapter objectives and summaries sidebars key terms key points anecdotes and discussion questions to help students think more critically about applying the material Other updates to the sixth edition include the following More than 40 new video clips integrated into the web study guide to better demonstrate the core concepts addressed in the book Additional emphasis on hot topics including mindfulness cultural

diversity ethics and professional issues and transitions in sport New ancillaries to help instructors teach their courses including an image bank chapter quizzes and more than 122 instructor videos Updated references including more contemporary sources The text provides students with a unique learning experience taking them on a journey through the origins and goals key concepts research development and career options available in the field in seven parts that may be studied in any sequence Following an introduction to the field the text then shifts focus to personal factors that affect performance and psychological development in sport physical education and exercise settings Situational factors that influence behavior group interaction and processes and the use of psychological techniques to help people perform more effectively are covered as well as the roles psychological factors play in health and exercise The final section deals with topics of psychological development and well being that are important to both society and sport and exercise psychology including children s psychological development through sport participation aggression in sport and moral development and good sporting behavior in sport and physical activity contexts The updated web study guide serves as an important learning tool to support the educational journey With more than 100 engaging activities it works directly with the text in guiding students to complete the related activities for each chapter and apply knowledge gained from the text The study guide activities require students to do the following Use actual sport and exercise psychology instruments to assess their skills Determine how to respond to real life scenarios with short answers or essays Review research studies and experiments Search the Internet for relevant information Apply and test their understanding of principles and concepts of sport and exercise psychology Many of the study guide activities offer compelling audio and video clips that provide an interactive look at how sport psychology consultants communicate with athletes and coaches to improve athletic experiences These clips feature esteemed experts from the field discussing course concepts that they have studied and refined during their professional careers To further emphasize practical application portfolio activities can be integrated through a full semester turning course units into a unified whole that builds upon itself for greater understanding of the field To aid instructors instructor ancillaries have been updated and expanded The instructor guide test package and presentation package are now supplemented with an image bank gradable chapter quizzes and instructor videos all available at www.HumanKinetics.com FoundationsOfSportAndExercisePsychology The updated sixth edition of Foundations of Sport and Exercise Psychology continues to ensure that students are well equipped to enter the field of sport psychology and are prepared for the challenges they may encounter as well as the possibilities This text offers an enhanced and varied learning package to assist students in understanding the sport psychology field

Sport Psychology Nicholas T. Gallucci, 2013-12-04 Sport Psychology 2nd Edition provides a synthesis of the major topics in sport psychology with an applied focus and an emphasis on achieving optimal performance After exploring the history of sport psychology human motivation and the role of exercise there are three main sections to the text Performance Enhancement Performance Inhibition and Individuals and Teams The first of these sections

covers topics such as anxiety routines mental imagery self talk enhancing concentration relaxation goals and self confidence The section on Performance Inhibition includes chapters on choking under pressure self handicapping procrastination perfectionism helplessness substance abuse and disruptive personality factors While much of the information presented is universally applicable individual differences based on gender ethnicity age and motivation are emphasized in the concluding section on Individuals and Teams Throughout there are case studies of well known athletes from a variety of sports to illustrate topics that are being explored

Sport Psychology Catherine Sanderson, 2017 This book is a comprehensive review of key theories and current research in sport psychology presented in a streamlined 13 chapter format with an engaging narrative It emphasizes the science underlying the field of sport psychology and includes research in action boxes and focus on neuroscience boxes in every chapter Each chapter starts with a real world contemporary example and includes pictures and specific quotes from modern day athletes Chapter 9 covers all types of prejudice and discrimination in sport including gender race and sexual orientation The book has a test yourself feature in each chapter connecting sport to student s lives students can rate themselves on issues such as burnout perfectionism disordered eating The book also includes information relating to youth sport with boxes in every chapter called Impact on Youth

Handbook of Assessment in Mindfulness Research Oleg N. Medvedev, Christian U. Krägeloh, Richard J. Siegert, Nirbhay N. Singh, 2025-08-03 This handbook provides comprehensive coverage of assessment instruments used in mindfulness research It discusses traditional and modern approaches used to develop psychometric measures and to establish their reliability and validity such as classical test theory item response theory and Rasch model generalizability theory facet benchmarking and network analysis The handbook provides information on conceptual foundations development and psychometric properties of assessment instruments used to measure mindfulness in children adolescents and adults In addition it provides similar information on scales used in specific contexts and for various purposes It reviews behavioral cognitive and psychophysiological assessment measures of mindfulness The handbook examines a broad range of psychological physical health and mental health and related measures that are used in mindfulness research This reference work enables researchers to choose appropriate measurement tools for a broad range of mindfulness research Key areas of coverage include Nature and theoretical foundations of assessment Origins and definitions of mindfulness Mindfulness scales for children and adolescents Mindfulness scales for adults Mindfulness scales for specific contexts and purposes Mindfulness and Buddhist related scales Behavioral assessments of mindfulness Cognitive and psychophysiological assessments of mindfulness The Handbook of Assessment in Mindfulness Research is an essential reference for researchers professors and graduate students as well as clinicians therapists and other mental health practitioners in clinical psychology and affiliated medical and mental health disciplines including complementary and alternative medicine social work occupational and rehabilitation therapy

Physical Culture for Mental Health Pawel Adam Piepiora, Zbigniew Norbert Piepiora, Daniela Stackeová, Justyna

Bagińska, Bartłomiej Gąsienica-Walczak, Petra Čaplová, 2025-01-16 The recognition of psychiatric psychological and psychotherapeutic interventions in maintaining mental health is well established However the significance of fostering sustaining and restoring mental well being through physical culture is frequently overlooked Physical culture encompasses various forms of physical activity including those in physical education physiotherapy recreation sports and tourism These organized physical activities play a pivotal role in supporting psychiatric psychological and psychotherapeutic interactions serving to counteract and treat disorders while upholding mental health

Foundations of Sport and Exercise

Psychology, 7E Weinberg, Robert S., Gould, Daniel, 2019 This text provides a comprehensive view of sport and exercise psychology with the latest research on grit mindfulness emotional intelligence cultural diversity substance abuse exercise adherence ethics professional issues and transitions in sport

Handbook of Sport Psychology Gershon

Tenenbaum, Robert C. Eklund, 2007-10-05 Endorsed by the International Society of Sport Psychology this classic reference draws on an international roster of experts and scholars in the field who have assembled state of the art knowledge into this thorough well rounded and accessible volume It is completely updated to reflect the latest research and is an indispensable resource for any student or professional interested in the field of sport psychology

Mental Health and Well-being Interventions in Sport Gavin Breslin, Gerard Leavey, 2024-04-04 Now in its second edition this book provides a focused comprehensive overview of up to date mental health research models and approaches in sport with expertise from global experts in the field Mental health remains a widely growing area in the field of sport psychology which requires expert guidance and care in promoting effective well being for athletes coaches and sport officials Fully updated throughout Mental Health and Well being Interventions in Sport is an indispensable guide for researchers practitioners and students wanting to understand and implement sport based intervention processes This important book adopts an evidenced based approach discussing the context of the intervention its design and implementation and its evaluation and legacy Exploring areas such as injury rehabilitation depression eating disorders verbal and physical abuse and athletic burnout this insightful volume dissects emerging research into straightforward accessible chapters Offering a cutting edge overview of the key issues involved in this burgeoning area as well as example cases of how sport has been used in extreme environments such as prisons as a method to improve mental health the book will benefit practitioners policy makers and researchers Written for newcomers and established practitioners across a variety of sports setting and contexts the authors highlight the need for another call to action to support the mental health and wellbeing of all involved in sport Presenting current research theory and practice in the field the text is an essential read for researchers practitioners and coaches to better understand sport based intervention processes

Sport, Exercise and Performance Psychology Edson Filho, Itay Basevitch, 2021 This book

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