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School Sport Psychology: Perspectives, Programs, and Procedures

Charles A Maher

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Find out how—and why—sports can help you better understand your students

Because participation in sports is an integral part of the educational experience for students in both public and private schools, it's essential that school psychologists and counselors have a solid foundation to help ensure the well-being of student-athletes. School Sport Psychology is a comprehensive overview of this fast-growing field with guidelines for school psychologists who want to gain a better understanding of sport psychology to extend their skills and enhance their effectiveness. The book presents perspectives, programs, and procedures for working with administrators and coaches to help students develop physically, mentally, and emotionally.

School Sport Psychology examines the practical interfaces between school and sport psychology, with an emphasis on parent and family involvement. Contributors representing sport psychology, school psychology, and clinical and community disciplines examine the theory, research, and practice of sport psychology and how its evolution parallels the development of school psychology. The book addresses the benefits and risks of using sport to promote the development of self-esteem, identity, and feelings of competence in students.

School Sport Psychology examines:

- evidence-based sport psychology programs, including GOALS, ATLAS, and ATHENA
- a case study of the design and implementation of a sport psychology program in an urban high school
- the use and abuse of alcohol and other drugs among high school student-athletes
- the use and abuse of steroids
- eating disorders among high school student-athletes
- a systems-oriented method of school/sport psychology assessment and intervention
- program planning and evaluation framework
- the knowledge and skills needed to work in sport psychology
- and much more

School Sport Psychology is an essential professional resource for psychologists, counselors, and health service providers.

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