## Contents

### Part I  Introduction

1  Overview of Behavioral Sport Psychology  ........................................... 3  
   Garry L. Martin and Kendra Thomson

### Part II  Assessment and Measurement

2  Actigraphy: The Ambulatory Measurement of Physical Activity  ........... 25  
   Warren W. Tryon

3  Quantitative Analysis of Sports  .......................................................... 43  
   Derek D. Reed

4  Single-Case Evaluation of Behavioral Coaching Interventions ............ 61  
   James K. Luiselli

5  Cognitive Assessment in Behavioral Sport Psychology  ....................... 79  
   Bradley Donohue, Yani L. Dickens, and Philip D. Del Vecchio III

### Part III  Performance Enhancement

6  Goal Setting and Performance Feedback  ............................................. 99  
   Phillip Ward

7  Cognitive–Behavioral Strategies  .......................................................... 113  
   Jeffrey L. Brown

8  Establishing and Maintaining Physical Exercise  ............................... 127  
   Christopher C. Cushing and Ric G. Steele

9  Behavioral Momentum in Sports  .......................................................... 143  
   Henry S. Roane

### Part IV  Special Topics

10 Developing Fluent, Efficient, and Automatic Repertoires  ................. 159  
    of Athletic Performance  .................................................................  
    Brian K. Martens and Scott R. Collier
11 Sport Neuropsychology and Cerebral Concussion .......... 177
Frank M. Webbe

12 Aggression in Competitive Sports: Using Direct Observation to Evaluate Incidence and Prevention Focused Intervention ................................................. 199
Chris J. Gee

13 Behavioral Effects of Sport Nutritional Supplements: Fact or Fiction? ......................................................... 211
Stephen Ray Flora

14 Cognitive–Behavioral Coach Training: A Translational Approach to Theory, Research, and Intervention ................. 227
Ronald E. Smith and Frank L. Smoll

15 Conclusions and Recommendations: Toward a Comprehensive Framework of Evidenced-Based Practice with Performers ........................................... 249
Gershon Tenenbaum and Lael Gershgoren

Index ......................................................................................... 263
Behavioral Sport Psychology
Evidence-Based Approaches to Performance Enhancement
Luiselli, J.K.; Reed, D.D. (Eds.)
2011, XII, 272 p., Hardcover
ISBN: 978-1-4614-0069-1