Introduction

Very few areas of research and practice have grown in scholarship and sophistication as rapidly as sport and exercise psychology. The fact that the American Psychological Association decided to publish a two-volume handbook in this area is testimony to the field's growth and maturation.

Sport psychology typically is defined as the study of the influence of psychological processes on human performance, whereas *exercise psychology* is defined as the use of psychobehavioral processes to describe, explain, and predict exercise behavior and other forms of physical activity. Together, these companion areas of study, research, and clinical practice have been promoted and recognized by numerous organizations worldwide, including those in the United States, Canada, Asia, Europe, and Latin America. In addition, there are numerous scholarly and sophisticated scientific journals within the field that are dedicated to furthering an understanding of the links between cognition, emotion, and human performance. Among these is the flagship *Journal of Sport Psychology*, which, when it was renamed the *Journal of Sport and Exercise Psychology* in 1987, cemented the association between sport and exercise.

My intent in creating the *APA Handbook of Sport and Exercise Psychology* is to help move the field forward with a contemporary publication that captures both the exploratory and applied nature of sport and exercise psychology. More specifically, I sought to produce a publication that (a) recognizes the evolution, maturation, and expanding scope of this very exciting field; (b) combines a review of the literature with an overview of the application of concepts, models, and theories; and (c) highlights emerging areas of focus and possible future directions within the field. Sport and exercise psychology has never been more multidimensional, offering extensive avenues of research for scholars and educators while still incorporating clinical applications for practitioners.

CONTENT

I recruited four associate editors, each with extensive expertise in his or her respective field: Trent A. Petrie, Jesse A. Steinfeldt, Steven J. Petruzzello, and Elise E. Labbé. Together, we devised a table of contents for each volume that showcases the expanding field of sport and exercise psychology. Chapter topics were selected based on several criteria. First was the need to reflect a solid conceptual framework. A second criterion for inclusion was the need to build on previous research and conduct further study. A third criterion was the need to "go outside the box" and select topics that largely have been

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ignored by researchers. For example, sexual identity issues and attention-deficit/hyperactivity disorder have received very limited attention by sport and exercise scholars, but they are covered in this handbook (see Volume 1, Chapters 19 and 30, respectively). A fourth criterion was evidence of application value; in other words, the theories, models, and conceptual frameworks described within chapters must be of use to practitioners as well.

Once we had decided on topics for the 41 chapters in Volume 1 and the 35 chapters in Volume 2, we needed to recruit contributors to write the material. The chapter authors in this handbook are widely published scholars who bring considerable expertise and experience in writing, research, and practice. They are known as leaders in their fields and have authored hundreds of research articles, book chapters, and full-length books throughout their careers. Each contributor was tasked with reviewing the extant literature (from historical to contemporary), describing the applications of that information, and suggesting future directions for research. The motivation of these professionals to address questions in novel and exciting ways shows in their respective chapters, and I hope their work will encourage readers to solve research problems by asking the right research questions.

ORGANIZATION

The *APA Handbook of Sport and Exercise Psychology* has a unique structure. Volume 1 focuses on sport psychology and is divided into 10 parts: foundations and contemporary perspectives, including material on the history of sport psychology and on sport psychology assessment; personality sport psychology, which includes material on talent identification, personality styles, and other psychological characteristics; lifespan developmental psychology, which describes youth sport, sport in later life, and elite sport; cognitive sport psychology, which discusses stress, emotion regulation, attention and concentration, motivation, and similar topics; social psychology of sport, which includes chapters on gender, sexual identity, disability, multiculturalism, and so forth; educational sport psychology, which covers sport pedagogy and information processing; clinical and counseling issues, including material on eating disorders, sleep difficulties, and various mental health issues; sport injuries and rehabilitation, with chapters on injury prediction and adherence to rehabilitation regimens; psychobiological approaches to sport, including the topics of biofeedback and concussion; and professional issues, which relate to ethics and governance.

Volume 2 on exercise psychology is divided into eight parts: foundations and contemporary perspectives, including material on concepts and theories, research dimensions, and legal issues; the role of psychology in exercise, with chapters on the psychological benefits of exercise, the effects of exercise on depression, the influence of cognitive processes, and perceived exertion; developmental psychology of physical activity, with chapters that describe physical activity for children, adolescents, middle-aged adults, and older adults; exercise adherence, discussing the topics of personal characteristics, adhering to physical activity programs, and fitness technology; cognitive psychology of physical activity, with chapters describing how physical activity affects cognition as well as the reciprocal influence of counterproductive thoughts, motivation, and mindfulness on activity; social psychology of exercise, including material on gender, physical disabilities, diversity, and worksite exercise programs;

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clinical and counseling issues, with information on exercise addiction, exercise consulting, and biomarker psychotherapy; and psychological issues in exercise injuries, rehabilitation, and performance, which includes chapters on strategies to promote performance and strategies to promote rehabilitation.

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Mark H. Anshel, PhD
Editor-in-Chief

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