



# Group Dynamics in Exercise and Sport Psychology: Contemporary Themes

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Can a better understanding of group dynamics raise individual and team athletic performance or improve the outcomes of exercise interventions?

Much human behaviour in sport and exercise settings is embedded within groups where individuals' cognitions, emotions, and behaviours influence and are influenced by other group members. *Group Dynamics in Exercise and Sports Psychology: Contemporary Themes* explores the unique psychological dynamics that emerge in sport and exercise groups. It provides a clear and thorough guide to contemporary theory and research. Recommendations are also presented to inform applied psychology 'best practice'.

Drawing together the expertise of international specialists from sports and exercise psychology, the text covers core themes as well as emerging issues in group dynamics. The text is organised into four sections:

Part 1: The Self in Groups

Part 2: Leadership in Groups

Part 3: Group Environment

Part 4: Motivation in Groups

*Group Dynamics in Exercise and Sports Psychology: Contemporary Themes* will be of interest to psychology, kinesiology, sport and exercise science students and researchers, as well as to consultants and coaches.

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