

# Mentales Training Im Leistungssport Ein Übungsbuch

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here internationally known author bruce elliott adapts applies expert research knowledge on training for sport for use by sport scientists coaches athletes he covers essential factors leading to high performance training

this book reviews and discusses in detail the essential factors that collectively

determine the level of sports performance achieved it covers the training of perceptual motor skills the psychological factors that enable an athlete to compete successfully the use of appropriate techniques for the relevant sport physical characteristics of the athlete and attaining and maintaining levels of fitness it also presents a broader review of training for sport encompassing physical biological and medical aspects as well as the psychological

in the scientific theory of sport science four major questions can be considered 1 what is the function of science 2 what is the body of knowledge of a scientific field 3 what is the appropriate research methodology 4 how are research results applied to the practical field this publication structures the body of knowledge of german sportscience and focuses on the second question answers to the other questions are given implicitly within the articles relating to the specific subdisciplines of sport science

the second edition of this broadly based book continues to examine and update the basic and applied aspects of strength and power in sport from the neurophysiology of the basic motor unit to training for specific activities authorship is again international and includes leading physiologists and clinicians

the content of this book is highly relevant not only for professionals in sport and exercise psychology but also for practitioners such as athletes coaches and physical education teachers who are interested in the areas of sport training and sport and exercise psychology the various sport psychology practices and principles presented in

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