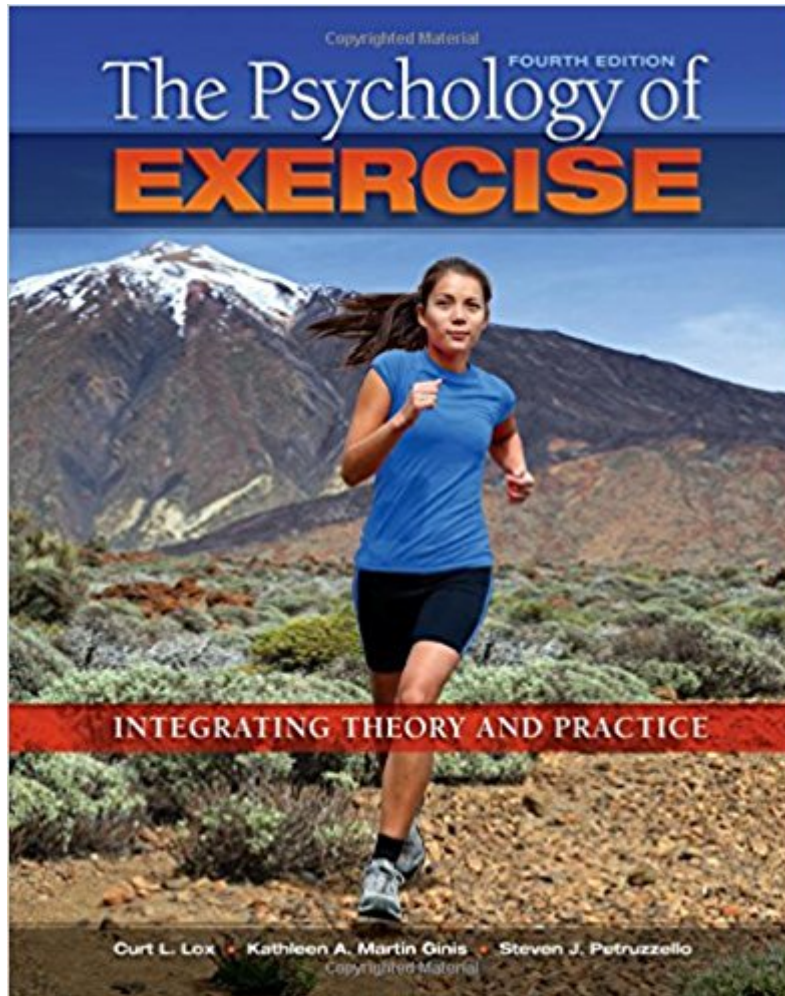




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# The Psychology Of Exercise: Integrating Theory And Practice



## Synopsis

The Psychology of Exercise: Integrating Theory and Practice, fourth edition, continues to weave together theory, research, application, and interventions to provide readers with a solid foundation in exercise psychology. In this comprehensive, accessible, book, the authors apply prominent theories and models to actual situations encountered professionally. Compelling graphs, models, other visuals, and effective pedagogical aids further enhance the material. The chapters in Part I help readers understand and modify exercise behavior, while those in Part II discuss psychosocial influences and the consequences of physical activity. Among the topics explored are the impact of exercise on self-perceptions, including self-esteem and body image; stress, anxiety, and depression; and emotional well-being. Chapters on the relationship between physical activity and cognitive function as well as health-related quality of life offer the latest information for these areas of study. Features of the Fourth Edition New streamlined chapter on self-perceptions and exercise, which combines previous chapters on self-esteem and body image. This more logical presentation of related topics makes it easier to teach these topics and better depicts their intersection.

Refocused chapter on health-related quality of life and exercise, to include more emphasis on special populations and demonstrate how exercise can benefit those who have chronic diseases, chronic disabilities, or physical limitations. Discussions throughout on mobile devices, apps, social media, and high-tech point-of-decision and how these technologies can be used for tracking and measuring physical activity and for offering social support. Updated references, glossary, and graphics. Special Features of the Book Reader-friendly price Outstanding author team of active researchers with diverse areas of expertise End-of-chapter review questions and learning activities to enhance understanding Connections between theory and application throughout Focus boxes, with additional learning activities, highlighting research on physical activity and populations with chronic disease and disability Standardized questionnaires, including some of the most frequently used measures in exercise psychology research

## Book Information

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## Customer Reviews

I feel that this book is the best on the market. . . . Other books are mere reviews of the literature with no application content. The Lox et al. book combines reviews of research, including theories, and then applies this information. --Mark Anshel, Middle Tennessee State University  
I think this is one of the best textbooks in our field for an undergraduate introductory course, and I've been using it since its first edition. --Rebecca Ellis, Georgia State University

Curt L. Lox is a professor and chair of the Department of Kinesiology and Health Education at Southern Illinois University Edwardsville. His research is focused on the psychological impact of exercise for special populations, including the elderly, overweight and obese children and adults, and individuals infected with HIV. His articles have been published in the *Journal of Sport & Exercise Psychology*, *Medicine and Science in Sports and Exercise*, *Journal of Cognitive Rehabilitation*, *International Journal of Behavioral Medicine*, *Journal of Health Psychology*, and *Rehabilitation Psychology*, among others. He has coached at the youth and high school levels and continues to serve as a sport psychology consultant to players and coaches at the interscholastic, intercollegiate, and professional levels in the greater St. Louis area.

Kathleen A. Martin Ginis, Ph.D.(University of Waterloo), is a professor in the School of Health and Exercise Sciences at the University of British Columbia; previously, she was a professor at McMaster University. Her research program focuses on psychosocial influences and consequences of physical activity participation, and she has a particular interest in physical activity promotion among people living with spinal cord injury. She is the chair and principal investigator at the Canadian Disability Participation Project; she is also the founder and director of SCI Action Canada.

Steven J. Petruzzello is an associate professor in the Department of Kinesiology and Community Health at the University of Illinois at Urbana-Champaign. He conducts research in the area of exercise psychology, particularly from a psychophysiological perspective. This role involves the examination of the role of exercise, encapsulated along a physical activity continuum ranging from low-to-moderate forms of exercise (e.g., walking, cycling) to vigorous exercise (e.g., competitive swimming, running) and physical

activity performed in extreme environments (e.g., firefighting), on a variety of psychological outcomes, including basic affect, fatigue/energy, anxiety, and depression. He is a Fellow of the American College of Sports Medicine and a member of the Society for Psychophysiological Research, the American Psychological Society, and the North American Society for the Psychology of Sport and Physical Activity. His articles have appeared in Sports Medicine, the Journal of Sport and Exercise Psychology, Medicine and Science in Sports and Exercise, and Psychophysiology, among others

This textbook is currently required for KINES 3360 at the University of Utah, and that is why I purchased it. I tend to skim textbooks, but this one is such a delight. I am honestly surprised at how the authors created a textbook for such a specific class that branches out so far. It contains hints of sociology, psychology, evolutionary science, exercise science, and of course chemistry, biology, and physics. It is geared toward students who have a background in science, but it isn't overwhelming with the science jargon. It really is interesting to read. The graphics in the textbook are appropriate, the diction is solid, and there is enough margin space for personal notes (huge plus for me). There are TONS of studies that are cited in this textbook that are fascinating, and the authors cover some in further detail. If there is anyone interested in the inner workings of how psychology and exercise relate to each other, this is a phenomenal starting point.

So far, so good.

Book was in perfect condition

great resource. will probably keep long after class has ended.

It is pleasure to deal.

THANK YOU

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