



# Psychology for Physical Educators - 2nd Edition: Student in Focus

*Jarmo Liukkonen, Yves Vanden Auweele, Beatrix Vereijken, Dorothee Alfermann, Yiannis Theodorakis*

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Enhancing children's positive attitudes toward physical education and creating a motivationally favorable atmosphere are now considered as important as developing other aspects of physical fitness. *Psychology for Physical Educators, Second Edition*, gives physical educators the psychological knowledge and practical guidelines necessary for realizing current curriculum goals.

Unlike the general textbooks on educational psychology that are currently available, *Psychology for Physical Educators, Second Edition*, relates directly to the physical education domain. It offers physical educators practical ideas and pedagogical solutions that work in diverse settings, such as in the gym, on the field, on the court, and on the ice. The text also accounts for the various psychological needs that arise when students are physically active and competing with each other, as opposed to sitting behind their desks.

*Psychology for Physical Educators, Second Edition*, is written by a team of 29 European sport psychology and physical education experts from seven countries. It presents readers with a broad overview of psychology as it applies to physical education.

The book is structured around common curriculum goals identified by the European Federation of Sport Psychology (FEPSAC): fitness, health, safety, psychomotor competence, positive self-perception, and social development. The text is divided into four parts:

- Part I: Promotion of Lifelong Health and Fitness
- Part II: Promotion of Social Skills for Life
- Part III: Promotion of Self-Concept and Cognitive Skills
- Part IV: Promotion of Motor Skills for Life

The chapters have been updated from the first edition to include even more practical examples and tools for physical educators. Each chapter also contains objectives, examples, key points, review questions, questionnaires, summaries, and key terms, making this text an invaluable teaching aid.

*Psychology for Physical Educators, Second Edition*, helps physical education teachers and coaches understand and apply psychological principles to benefit students and participants at all levels.

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