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bracketed into five-year age groups (which promotes fair competition). For international events the first age group is 35 to 39.

Masters athletics - Wikipedia

There have been significant advances in psychological assessment in sport

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and exercise since 1992, with strong interest in how such measures can also be used in the performing arts. Ostrow (1996) compiled information on the 314 self-report instruments used in sport, exercise and physical activity studies published in 45 journals during the ...

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Motivation in Sport and Performance |
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Management, 12, 343–362. See also:
Sports Psychology; Psychological
Skills

Stress Management in Sport -
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behavior. Psychology includes the

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study of conscious and unconscious phenomena, as well as feeling and thought. It is an academic discipline of immense scope. Psychologists seek an understanding of the emergent properties of brains, and all the variety of phenomena linked to those emergent properties, joining this way

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the broader neuro-scientific group of

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Psychology - Wikipedia

Thus, sport participation and demanding athletic training regimens can produce significant sport injuries for athletes. Experiencing a sport

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injury may affect an athlete physically and psychologically once the individual returns to athletic competition (36). Without question, coaches should realize athletes need athletic healthcare.

A Coach ' s Responsibility: Learning

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