



Frameworks for Sport Psychologists: Enhancing Sport Performance

Karen Lee Hill

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Many traditional psychology texts devote significant coverage to psychological theory. In *Frameworks for Sport Psychologists*, author Karen L. Hill highlights five popular theoretical models and demonstrates how they can be applied in helping athletes to improve their performance.

Demonstrating how theoretical models work, Hill introduces the hypothetical case of a struggling professional golfer, Lisa “The Cheetah” Irons. Through this case study, readers learn how each theory assists the sport psychologist in interpreting Lisa's thoughts, emotions, and actions and how to create a plan of action for performance enhancement.

The text follows a progression of

-learning about each of the five theories,

-learning how each theory is applied to a single case,

-applying the same theory to other cases, and

-writing an original case.

In addition to the ongoing case study of Lisa “The Cheetah” Irons, each chapter includes an additional case, providing the reader further opportunity to apply the theories to real process plan.

Frameworks for Sport Psychologists offers the reader a practical look at sport psychology through its unique blend of theory and practice.

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