# Special Issue

# Sports Psychology for Athletes and Coaches

# Message from the Guest Editor

Sports psychology is an interdisciplinary science that investigates knowledge from related fields and physiology, biomechanics, kinesiology, and psychology. It includes studying how psychological aspects affect performance, and how participation in sport and exercise affect psychological and physical factors. Therefore, the Special Issue, titled "Sports Psychology for Athletes and Coaches" addresses the optimal performance and well-being of athletes and practitioners; the development of essential areas of study, i.e., personality, motivation, athletic performance, youth sport, coaching, team processes, anxiety and stress, biofeedback, cognitive, as well as social and behavior modeling; and interdisciplinary aspects of sports and physical activities.

### **Guest Editor**

Prof. Dr. Bianca Miarka

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### Deadline for manuscript submissions

closed (30 November 2023)



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## Editor-in-Chief

Prof. Dr. Paul R. Ward

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