



## Sport Psychology

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### Message from the Guest Editor

Sport Psychology is considered the science that studies the causes and psychological effects associated with sports and physical activity (Williams, 1991). It is a scientific area that is based on a structured theoretical and scientific knowledge, using methods and techniques that increase the psychological abilities of athletes and other sports agents and help them achieve objectives and the expected success. The sports psychologist applies his knowledge to train and support sportsmen and other sports agents, to control external and internal factors in order to overcome the obstacles that arise during the life of sport.

Thus, it is necessary to continue to create a solid knowledge about psychological factors (cognitive, emotional or behavioral) and to understand their relationship with other variables (e.g., sports injuries, high performance, sports leadership, violence, physical condition, etc.) in order to corroborate or refute theories and to develop new explanatory models that contribute to a better understanding of the workings of people involved in the world of sport.

