

# ATHLETE'S GUIDE TO CAREER PLANNING



Keys to Success  
From the Playing Field  
to Professional Life



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# Athletes Guide To Career Planning

**Sophia Jowett, David Lavalley**



## **Athletes Guide To Career Planning:**

*Athlete's Guide to Career Planning* Albert J. Petitpas,1997 Here s a straight shooting guide that shows athletes how to develop a game plan for life The practical information and 46 easy to use worksheets will help athletes plan for a career during and after their sport 14 illustrations **Doing Sport Psychology** Mark B. Andersen,2000 Mark B Andersen examines authentic examples of sport psychologists at work to teach readers how to use their knowledge of sport psychology in an effective and efficient manner *Professional Practice in Sport Psychology* Sheldon Hanton,Stephen Mellalieu,2012-03-12 Sport psychologists working with athletes teams and sports performers are only as effective as their professional techniques and competencies will allow This is the first book to offer a detailed and critical appraisal of the conceptual foundations of contemporary professional practice in sport psychology The book presents a series of reviews of the most up to date academic and professional literature on professional practice exploring issues that all psychologists face when working with clients in sport and offers important evidence based recommendations for best practice Key topics covered include models of practice and service delivery counselling and clinical intervention working with teams working with young performers providing life skills training managing career transitions working with special populations enhancing coach athlete relations With contributions from leading sport psychology consultants in the UK the US Canada Australia and continental Europe this is a comprehensive and thought provoking resource that bridges the gap between research and application It is vital reading for all advanced students researchers and professionals working in sport psychology

Handbook of Sport Psychology Gershon Tenenbaum,Robert C. Eklund,2007-10-05 Endorsed by the International Society of Sport Psychology this classic reference draws on an international roster of experts and scholars in the field who have assembled state of the art knowledge into this thorough well rounded and accessible volume It is completely updated to reflect the latest research and is an indispensable resource for any student or professional interested in the field of sport psychology Assessment in Applied Sport Psychology Jim Taylor,2017-08-09 Assessment in Applied Sport Psychology is a comprehensive resource that offers both students and professionals the opportunity to hone their skills to help their clients starting with the initial consultation and lasting through a long term relationship In this text Jim Taylor and a team of sport psychology experts help practitioners gain a deep understanding of assessment in order to build trusting relationships and effective intervention plans that address the needs and goals of their clients Part I of Assessment in Applied Sport Psychology covers topics such as the importance of assessment the appropriateness of qualitative and quantitative assessment ethical issues that can arise from assessment and the impact of diversity in the use of assessment Part II introduces readers to six ways that consultants can assess athletes mental health screening personality tests sport specific objective measures interviewing observation and applied psychophysiology Chapters in this section explain the strengths and weaknesses of each approach for example when traditional pencil and paper and observation approaches may be more appropriate than

interviewing and offer consultants a more complete toolbox of assessments to use when working with athletes Part III addresses special issues such as career transition talent identification and sport injury and rehabilitation One chapter is devoted to the hot button issue of sport related concussions Tables at the end of most chapters in parts II and III contain invaluable information about each of the assessment tools described including its purpose publication details and how to obtain it Chapters also contain sidebars that provide sample scenarios recommended approaches and exercises to use with clients Assessment in Applied Sport Psychology works toward two main goals The first is to help consultants gain a complete understanding of their clients through the use of a broad range of assessment tools The second is to show consultants how to ethically and effectively use assessments to develop a comprehensive understanding of their clients thus enabling them to assist their clients in achieving their competitive and personal goals

Social Psychology in Sport Sophia Jowett, David Lavalley, 2007 The book is designed to allow readers to study issues in isolation or as part of a course or a module The five main parts are Relationships in Sport Coach Leadership and Group Dynamics Motivational Climate Key Social and Cognitive Processes in Sport and The Athlete in the Wider Sport Environment Each chapter is cross referenced and provides a clear description of the topic and a concise theoretical overview along with a discussion of existing research The chapters also introduce new research ideas suggest practical research applications and conclude with summaries and questions to help instructors engage the class in discussion and to help students follow the key points Publisher's website

*Career Transitions*, 1999 *Where to Start Career Planning*, 1991 **Career Transitions in Sport** David Lavalley, Paul Wylleman, 2000 This book was written for sport psychologists and other practitioners who are concerned with the well being of athletes who are facing the difficult transition from a sports career and the regret anxiety and identity loss that can accompany retirement This is a groundbreaking collaboration by international scholars providing an overview of empirical theoretical and applied perspectives on sports career transitions

Applying Sport Psychology Jim Taylor, Gregory Scott Wilson, 2005 Covering the five psychological areas considered to have the most influence on athletic performance motivation confidence intensity focus and emotions this work provides a comprehensive approach to sport psychology

*Job Hunter's Sourcebook* Bohdan Romaniuk, 2008-06 *Where to Find Employment Leads and Other Job Search Resources* Starting Your Career Laura Praglin, 1999 *Starting Your Career The Best Resources To Help You Find the Right Job* is targeted primarily at the several million new college graduates trying to find their first job and to other young adults beginning their careers

Interscholastic Athletic Administration, 1996 *The Career Development Quarterly*, 2003 **The Athlete's Game Plan for College and Career** Stephen K. Figler, Howard E. Figler, 1984 **Career Information Center**, 2002 Each volume focuses on a different career area and contains approximately 700 job profiles including job summary job description and up to date salary information

*The Sport Psychologist*, 2007 **International Journal of Sport Psychology**, 2006 Positive Transitions for Student Athletes Darin J. Meeker, Christopher E. Stankovich, Todd M. Kays, 2000 **Sports**

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