



METADATA

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Other Titles: Strategies for enhancing sports, exercise for health, and physical education

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Abstract

This book is intended for students of Physical Education and Sports Schools, teachers of Physical Education, as well as sports psychologists, coaches of all sports, or those working in exercise and health programs. Its subject matter is original and has no equivalent in Greek literature. It presents the entire modern spectrum of psychological processes and techniques used primarily for motivation, psychological preparation, and

the enhancement of athletes, but which can also be used, based on current research, for all categories of healthy and clinical populations who want to exercise, as well as in school physical education classes. Especially for the health exercise programs that have been developed recently, these psychological techniques can contribute positively to individuals remaining in the programs for a long time, feeling good and pleasant.

