



# The Oxford Handbook of Exercise Psychology (Oxford Library of Psychology)

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Awareness of the importance of exercise and physical activity to optimal physical and mental health has never been greater. It is widely acknowledged that physical inactivity is a leading cause of death, yet statistics show less than 50% of Americans participate in regular physical activity. This information highlights the public health challenge of increasing participation in physical activity to enhance physical health and to buoy the psychological benefits associated with physical activity.

*The Oxford Handbook of Exercise and Psychology* is an authoritative and comprehensive presentation of the breadth and depth of empirical contributions utilizing state-of-the-science theories and approaches in exercise psychology. Chapters are authored by leading investigators across the globe who have made significant scientific contributions addressing the behavioral aspects of physical activity. Sections of the book address the effects of physical activity on mental health; knowledge gathered utilizing psychobiological perspectives; behavioral factors that impact exercise motivation; scientific contributions addressing the physical activity benefits with special populations, including individuals with physical disabilities, older adults and cancer patients; and promising areas for additional investigation. Each chapter presents a summary of scientific advancements in the topic area as a foundation for future investigation.

Fueled by a broad range of disciplines and interdisciplinary approaches, the field of exercise psychology is growing, and this comprehensive handbook will be the perfect resource for students, researchers, and physicians interested in exercise motivation and the mental health benefits of physical activity.

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- Sales Rank: #2338432 in eBooks
- Published on: 2012-04-13
- Released on: 2012-04-13
- Format: Kindle eBook

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## **Editorial Review**

### **Review**

"This book is comprehensive in addressing the many areas of exercise psychology... It is a great contribution to the field, with its current references and expert and authoritative contributing authors." -- *DOODY'S*

"In conclusion, *The Oxford Handbook of Exercise Psychology* is a go-to resource and will assist professionals, scholars, and graduate students in increasing the exercise behaviors of clients in order to promote their health and untangling the complex relationship between exercise and mental health. It is recommended that anyone with an interest in exercise psychology read this book to gain knowledge about the critical and emergent areas in the field. Using this book as a resource, hopefully, we can come closer to achieving

Hippocrates's vision of giving everyone the right amount of exercise." -- *PsycCRITIQUES*

"It is a delight to read this book and learn about the various aspects of exercise psychology because of its simple organization of materials presented in it. At the outset of each chapter just below the title is a boxed area containing a short abstract of what is covered in that particular chapter. Below it in that boxed area are presented key words that the reader needs to know... Packed with research such as this, this is an excellent, no-nonsense book. We applaud the efforts of the editor Edmund Acevedo and all the contributors in putting together the valuable information found in it." --*BizIndia*

### **About the Author**

**Edmund O. Acevedo, Ph.D.**, is Professor and Chair, Department of Health and Human Performance, Virginia Commonwealth University.

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#### **Beth French:**

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