

# **syracuse university exercise science**

**syracuse university exercise science** represents a dynamic and comprehensive academic program designed to prepare students for careers in health, fitness, rehabilitation, and sports science. This program integrates rigorous coursework with practical experience to develop a deep understanding of human movement, exercise physiology, and wellness promotion. Students benefit from expert faculty, state-of-the-art facilities, and research opportunities that enhance their knowledge and skills in exercise science. With a focus on evidence-based practices, Syracuse University offers a curriculum that aligns with industry standards and certifications. This article delves into the various aspects of the Syracuse University exercise science program, including its academic offerings, faculty expertise, research initiatives, and career pathways. Additionally, the article explores student resources, internship opportunities, and the broader impact of the program on health and wellness fields across the nation.

- Academic Programs in Exercise Science
- Faculty Expertise and Research
- Facilities and Resources
- Internship and Career Opportunities
- Student Support and Extracurricular Activities

## **Academic Programs in Exercise Science**

The Syracuse University exercise science program offers a variety of academic pathways designed to meet the diverse interests and career goals of students. The primary undergraduate degree is a Bachelor of Science in Exercise Science, which provides foundational knowledge in anatomy, physiology, biomechanics, and nutrition. Students also have the option to specialize in areas such as athletic training, physical therapy preparation, or wellness coaching.

## **Undergraduate Curriculum**

The undergraduate curriculum is structured to develop both theoretical understanding and practical skills. Core courses cover topics such as exercise physiology, kinesiology, motor control, and sport psychology. Additionally, students engage in laboratory work and applied experiences to reinforce learning outcomes. Electives allow students to tailor their studies

toward specific interests within exercise science.

## **Graduate Studies**

For those seeking advanced education, Syracuse University offers graduate programs related to exercise science, including master's degrees in areas like athletic training and physical therapy. These programs emphasize research, clinical practice, and leadership development to prepare graduates for advanced roles in healthcare and sports performance.

## **Certification Preparation**

The program also prepares students for nationally recognized certifications such as Certified Strength and Conditioning Specialist (CSCS) and Certified Personal Trainer (CPT). Coursework aligns with certification exam requirements, providing comprehensive preparation for professional credentialing.

## **Faculty Expertise and Research**

The Syracuse University exercise science faculty comprises experienced educators, researchers, and practitioners with expertise across multiple domains of human movement science. Faculty members actively engage in cutting-edge research that contributes to the understanding of exercise performance, injury prevention, and rehabilitation techniques.

## **Research Areas**

Research initiatives within the department focus on areas such as cardiovascular health, neuromuscular function, biomechanics, and sports nutrition. Faculty-led studies often involve collaboration with local hospitals, athletic organizations, and community health programs to apply scientific findings to real-world settings.

## **Student Research Opportunities**

Students in the exercise science program are encouraged to participate in research projects, gaining hands-on experience that enhances critical thinking and analytical skills. Opportunities include assisting with data collection, contributing to scholarly publications, and presenting findings at academic conferences.

# **Facilities and Resources**

Syracuse University provides state-of-the-art facilities and resources to support the exercise science program. These resources enable students and faculty to conduct research, deliver instruction, and engage in practical training effectively.

## **Laboratories and Equipment**

The program boasts specialized laboratories equipped with advanced technology for measuring physiological responses, biomechanical analysis, and performance testing. Equipment includes metabolic carts, force plates, motion capture systems, and strength training apparatus.

## **Fitness and Rehabilitation Centers**

Students have access to on-campus fitness centers and rehabilitation facilities that simulate professional environments. These centers serve as practical training sites where students can apply theoretical knowledge under supervision.

## **Internship and Career Opportunities**

Hands-on experience is a cornerstone of the Syracuse University exercise science program, with numerous internship and practicum opportunities available to students. These placements facilitate professional development and networking within the health and fitness industries.

### **Internship Programs**

Internships are offered in diverse settings, including hospitals, rehabilitation clinics, sports teams, wellness centers, and corporate fitness programs. These experiences allow students to apply their academic knowledge, develop clinical skills, and gain exposure to various career paths.

### **Career Paths for Graduates**

Graduates of the Syracuse University exercise science program pursue careers in fields such as:

- Physical therapy and rehabilitation
- Athletic training and sports medicine

- Strength and conditioning coaching
- Exercise physiology and wellness coaching
- Health promotion and fitness management

## **Student Support and Extracurricular Activities**

The program emphasizes holistic student development by providing extensive support services and extracurricular opportunities. These resources aim to enhance academic success, professional growth, and personal well-being.

## **Academic Advising and Tutoring**

Students receive personalized academic advising to assist with course selection, career planning, and graduate school preparation. Tutoring services are also available to help students master challenging material and develop effective study strategies.

## **Clubs and Organizations**

Participation in exercise science-related clubs and organizations offers students chances to engage with peers, attend workshops, and participate in community outreach. Examples include student chapters of professional associations and fitness education groups.

## **Workshops and Seminars**

Regularly scheduled workshops and seminars feature guest speakers from the health and fitness industries, providing insights into current trends, research developments, and career advice. These events foster networking and lifelong learning among students.

## **Frequently Asked Questions**

### **What exercise science programs does Syracuse University offer?**

Syracuse University offers a Bachelor of Science in Exercise Science through the Falk College of Sport and Human Dynamics, focusing on human movement, health, and wellness.

## **Does Syracuse University provide internship opportunities for exercise science students?**

Yes, Syracuse University offers internship and experiential learning opportunities for exercise science students to gain hands-on experience in clinical, fitness, and rehabilitation settings.

## **What career paths can Syracuse University exercise science graduates pursue?**

Graduates can pursue careers in physical therapy, athletic training, fitness coaching, wellness coordination, occupational therapy, and further education in health-related graduate programs.

## **Are there research opportunities available in exercise science at Syracuse University?**

Yes, Syracuse University encourages exercise science students to participate in faculty-led research projects related to biomechanics, physiology, and health promotion.

## **How does Syracuse University support exercise science students' professional development?**

The university provides career counseling, networking events, workshops, and connections with alumni and local health organizations to support exercise science students' professional growth.

## **Additional Resources**

### *1. Foundations of Exercise Science at Syracuse University*

This comprehensive text offers an in-depth exploration of the core principles of exercise science as taught at Syracuse University. It covers anatomy, physiology, biomechanics, and nutrition, providing students with a solid foundation to excel in their studies. The book also includes case studies and research insights specific to the Syracuse academic environment.

### *2. Applied Exercise Physiology: Syracuse University Perspectives*

Focusing on practical applications, this book examines how exercise physiology concepts are implemented in real-world settings, especially within Syracuse University's research and athletic programs. It integrates scientific theory with hands-on techniques, helping students and professionals optimize physical performance and health outcomes.

### *3. Biomechanics and Movement Analysis in Sports Science*

This title delves into the biomechanics of human movement, emphasizing methods used at Syracuse University to analyze athletic performance. It

discusses motion capture technology, muscle mechanics, and injury prevention strategies. Readers gain insights into improving efficiency and reducing injury risks in various sports.

#### *4. Nutrition for Exercise and Athletic Performance*

Tailored for students and athletes at Syracuse University, this book explores the vital role of nutrition in exercise science. It covers nutrient timing, dietary strategies for performance enhancement, and recovery nutrition. The text also highlights current research findings and practical meal planning advice.

#### *5. Exercise Psychology: Motivation and Behavior Change*

This publication addresses the psychological aspects of exercise, focusing on motivation, adherence, and behavior modification. Drawing from Syracuse University studies, it provides strategies to encourage lifelong physical activity. The book is ideal for those interested in coaching, counseling, or health promotion.

#### *6. Strength and Conditioning Principles for Syracuse Athletes*

Designed for strength and conditioning practitioners, this book details training protocols and periodization models used within Syracuse University's athletic programs. It emphasizes evidence-based approaches to enhance muscle strength, endurance, and overall athletic performance. Practical workout plans and injury prevention tips are included.

#### *7. Rehabilitation and Injury Prevention in Exercise Science*

This text explores rehabilitation techniques and injury prevention methods taught at Syracuse University. It highlights therapeutic exercises, assessment tools, and recovery strategies for common sports injuries. The book serves as a valuable resource for exercise science students and healthcare professionals alike.

#### *8. Research Methods in Exercise Science*

A guide to conducting scientific research in exercise science, this book presents methodologies, data analysis techniques, and ethical considerations relevant to Syracuse University programs. It supports students and researchers in designing studies that contribute to advancing the field. Examples from recent Syracuse research projects enrich the content.

#### *9. Emerging Trends in Exercise Science and Technology*

This forward-looking book investigates the latest technological advancements impacting exercise science at Syracuse University. Topics include wearable devices, virtual reality training, and AI-driven performance analytics. The text prepares students to integrate cutting-edge tools into their professional practice.

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**syracuse university exercise science: Practical Essentials of Intensity Modulated Radiation Therapy** K. S. Clifford Chao, Smith Apisarnthanarax, Gokhan Ozyigit, 2005 The primary objective of this book is to teach residents, fellows, and clinicians in radiation oncology how to incorporate intensity modulated radiation therapy (IMRT) into their practice. IMRT has proven to be an extremely effective treatment modality for head and neck cancers. It is now being used effectively in other sites, including, prostate, breast, lung, gynecological, the cervix, the central nervous system, and lymph nodes. The book will provide in a consistent format an overview of the natural course, lymph node spread, diagnostic criteria, and therapeutic options for each cancer subsite.

**syracuse university exercise science: Clinical Exercise Physiology** Linda M. LeMura, Serge P. Von Duvillard, 2004 This text will focus on the underlying causes of various disease states, the manifestation of symptoms, the use of exercise as a diagnostic tool, the utility of exercise as a rehabilitative vehicle, and the use of exercise to monitor and evaluate clinical progress. The book will describe the new developments in clinical research and technology associated with diagnoses and treatment, as well as the techniques and methods of exercise prescription and subsequent evaluation and progress. With both national and international experts contributing chapters in their respective fields, this book's strength is in its broad-based appeal, its utility as a textbook and as a reference text, and its well-balanced approach to medicine, applied physiology, and pathology. Compatibility: BlackBerry(R) OS 4.1 or Higher / iPhone/iPod Touch 2.0 or Higher /Palm OS 3.5 or higher / Palm Pre Classic / Symbian S60, 3rd edition (Nokia) / Windows Mobile(TM) Pocket PC (all versions) / Windows Mobile Smartphone / Windows 98SE/2000/ME/XP/Vista/Tablet PC

**syracuse university exercise science: Pollock's Textbook of Cardiovascular Disease and Rehabilitation** J. Larry Durstine, 2008 Dedicated to Michael Pollack (1936-1998), a preeminent scientist in the field, and intended as an up-to-date reference to both scientific and clinical topics, this volume comprises 34 contributed chapters combining the expertise of physicians with that of specialists in exercise and behavioral science. Early chapters discuss the history of cardiovascular rehabilitation, the epidemiology of cardiovascular disease, exercise as medicine from antiquity to the present, risk factor intervention, and clinical practice guidelines. Following are chapters on pathophysiology, diagnosis, and medical management; lifestyle management; common comorbidities and complications; and rehabilitation.

**syracuse university exercise science: Discipline-Centered Learning Communities: Creating Connections Among Students, Faculty, and Curricula** Kimberly Buch, Kenneth E. Barron, 2012-12-10 Take an in depth look at discipline-centered learning communities. Using psychology as an example, this issue provides prescriptive advice for those interested in developing a learning community in any academic discipline or program. Learning communities are a powerful vehicle for creating and sustaining connections among students, faculty, and the curriculum, but creating one can be a challenge. By providing resources, practical case studies, and theoretical grounding, this volume can both inspire and guide faculty, staff, and administrators in meeting their pedagogical and curricular goals. Learn how the five types of learning communities—based curricularly, residentially, in the classroom, on the students themselves, and even virtually—can be used to enhance student engagement and learning. Illustrating the versatility of the practice across a wide range of settings, student populations, and institutional types, this issue also contains an extensive listing of resources that go beyond disciplinary boundaries and open possibilities for all in higher education. This is the 132nd volume of this Jossey-Bass higher education series. New Directions for Teaching and Learning offers a comprehensive range of ideas and techniques for improving college teaching based on the experience of seasoned instructors and the latest findings

of educational and psychological researchers.

**syracuse university exercise science: Present Successes and Future Challenges in Honors Education** Robert Grover, Katherine O'Flaherty, 2016-08-09 Present Successes and Future Challenges in Honors Education is the first volume in an edited series examining the proliferation of honors programs and colleges in American higher education. While honors education has become ubiquitous in American higher education, this transformation has happened without systematic attempts to align what honors means across institutions, and absent a universally agreed upon definitions of what honors is and what it might aspire to be in the future. This generates possibility and flexibility, while also creating rather serious challenges. The contributors document the decades-long structural transformations that led to the rise of honors education while also providing perspective on the present and future challenges in honors education. The chapters address such issues as ensuring equity in honors, how we ought to think about student success and frame this for external stakeholders, and how the diffusion of honors-inspired pedagogies elsewhere in the university forces us to rethink our mission and our day-to-day practice. Throughout, their investigations are grounded in the present while turning a keen and perceptive eye to the future.

**syracuse university exercise science: Hyperglycemia: New Insights for the Healthcare Professional: 2011 Edition** , 2012-01-09 Hyperglycemia: New Insights for the Healthcare Professional: 2011 Edition is a ScholarlyBrief™ that delivers timely, authoritative, comprehensive, and specialized information about Hyperglycemia in a concise format. The editors have built Hyperglycemia: New Insights for the Healthcare Professional: 2011 Edition on the vast information databases of ScholarlyNews.™ You can expect the information about Hyperglycemia in this eBook to be deeper than what you can access anywhere else, as well as consistently reliable, authoritative, informed, and relevant. The content of Hyperglycemia: New Insights for the Healthcare Professional: 2011 Edition has been produced by the world's leading scientists, engineers, analysts, research institutions, and companies. All of the content is from peer-reviewed sources, and all of it is written, assembled, and edited by the editors at ScholarlyEditions™ and available exclusively from us. You now have a source you can cite with authority, confidence, and credibility. More information is available at <http://www.ScholarlyEditions.com/>.

**syracuse university exercise science: Lifelong Running** Ruth E. Heidrich, 2013-09-03 A cancer survivor, an Ironman Triathlete, and widely decorated marathoner, Ruth Heidrich has long been been a role model to athletes of all ages. But over the years even Ruth herself has encountered the various, commonly held misbeliefs about running, from women shouldn't run to you need to change your diet to run, that prevent people from lacing up their shoes and getting off the couch. In this user-friendly guide, Ruth Heidrich debunks those myths and many more while providing the motivation, inspiration, and resources to start or maintain an activity whose benefits will last a lifetime. Along the way, Martin Rowe offers up practical advice as well as a look into running's storied history. You'll find out why there's no perfect body type for a runner, how to measure your fitness level relative to your age, and how the modern marathon came to be. Accessible and informative, Lifelong Running shows that it's possible to run well into your seventies--and beyond. If longevity and good health are what you're after, Ruth Heidrich has the recipe for them. Her story will not only inspire you, but follow her prescription and you might just get an extra decade of good living out of it. --Kathy Freston, New York Times bestselling author of Quantum Wellness, Veganist, and The Lean Ruth Heidrich is an inspiration to so many people. Her persistence, her commitment to fitness, her use of the healthiest food, and her consciousness of what could be a bright future for all of us make this book a must read. -- T. Colin Campbell, Ph.D., Professor Emeritus of Nutrition, Cornell University, New York Times bestselling co-author of The China Study and author of Whole If you've ever wondered whether running might create more joy and vibrant health in your life, this is the book you need to read. Ruth Heidrich most definitely knows what she's talking about. She's a cancer thriver (not just survivor) who has, since her diagnosis, completed nearly a hundred triathlons and more than sixty-six marathons. And this marvelous book also features the voice of Martin Rowe, a fascinating writer who is a former (and still is at times) couch potato, and as such



relates very well to those of us who are, for whatever reasons, reluctant to run. Whether you are new to running, or have some experience with the sport, you'll find this extraordinary book to be reassuring, informative, and inspiring. --John Robbins, author of *Diet for a New America* and co-founder of the Food Revolution Network I've been moving a lot faster--and happily so--since reading *Lifelong Running*. This book changed my perception. For one thing, I notice that kids really do run everywhere, and smile while they are doing so. Plus I am looking at running in a new way, as something I can do and want to try. Ruth Heidrich ably shreds the myths that keep people from running at all ages, but especially once their twenties are a memory. She shares her health challenges, exhilaration in moving and exploring, and pleasure in her simple plant-based diet. Her inspiring adventures are complemented by Martin Rowe's account of his journey as a runner and insights into the world of this sport. This book can lead the way to health transformation through a running program at any age, fueled by the optimal plant-powered diet. --Janice Stanger, Ph.D., author of *The Perfect Formula Diet* Ruth's life and writing are an inspiration to millions. This book is yet another gift from her that will get your body moving in ways that will put a smile on your face for the rest of your life. --Mike Anderson, author of *The RAVE Diet & Lifestyle*

**syracuse university exercise science:** *Diverse Issues in Higher Education* , 2008-02

**syracuse university exercise science:** *Fitness Measures and Health Outcomes in Youth* Institute of Medicine, Food and Nutrition Board, Committee on Fitness Measures and Health Outcomes in Youth, 2013-01-10 Physical fitness affects our ability to function and be active. At poor levels, it is associated with such health outcomes as diabetes and cardiovascular disease. Physical fitness testing in American youth was established on a large scale in the 1950s with an early focus on performance-related fitness that gradually gave way to an emphasis on health-related fitness. Using appropriately selected measures to collected fitness data in youth will advance our understanding of how fitness among youth translates into better health. In *Fitness Measures and Health Outcomes in Youth*, the IOM assesses the relationship between youth fitness test items and health outcomes, recommends the best fitness test items, provides guidance for interpreting fitness scores, and provides an agenda for needed research. The report concludes that selected cardiorespiratory endurance, musculoskeletal fitness, and body composition measures should be in fitness surveys and in schools. Collecting fitness data nationally and in schools helps with setting and achieving fitness goals and priorities for public health at an individual and national level.

**syracuse university exercise science:** *The Encyclopedia of Adulthood and Aging, 3 Volume Set* Susan K. Whitbourne, 2016-01-19 This authoritative reference work contains more than 300 entries covering all aspects of the multi-disciplinary field of adult development and aging Brings together concise, accurate summaries of classic topics as well as the most recent thinking and research in new areas Covers a broad range of issues, from biological and physiological changes in the body to changes in cognition, personality, and social roles to applied areas such as psychotherapy, long-term care, and end-of-life issues Includes contributions from major researchers in the academic and clinical realms 3 Volumes [www.encyclopediaadulthoodandaging.com](http://www.encyclopediaadulthoodandaging.com)

**syracuse university exercise science:** *Medicine & Science in Sports & Exercise Volume 39* , 2007

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**syracuse university exercise science:** *Growing Younger* Bridget Doherty, Julia VanTine, 2001-01-01 Breakthrough age-defying secrets for women.

**syracuse university exercise science:** Handbook of Children and Screens Dimitri A. Christakis, Lauren Hale, 2024-12-05 This open access handbook synthesizes the current research about the impacts of digital media on children across development. Drawing on the expertise of scientists and researchers as well as clinicians and practitioners, the book summarizes research through interdisciplinary expert reviews. First, it addresses the cognitive, physical, mental, and psychosocial impacts on infants, children, and adolescents. Next, the book explores how media influences relationships, family, culture, and society. Finally, it examines the impacts of specific digital domains pertinent to youth, including education technology, video gaming, and emerging technologies. Chapters employ a parallel structure, including background on the topic, summary of the current state of the research, future research directions, and recommendations for relevant stakeholders. The volume examines the timely issue of optimal child development in an increasingly digital age, offering innovative approaches to establish a solid and robust scientific foundation for this field of study as well as evidence-based action for adults who support positive youth development. Key areas of coverage include: • Cognition and brain development. • Physical and mental health. • Problematic uses of the internet. • Race. • Gender and sexuality. • Parenting in the digital age. • Cyberbullying and digital cruelty. • Media policy. The Handbook of Children and Screens is a must-have resource for researchers, professors, and graduate students as well as clinicians, therapists, educators, and related professionals in clinical child, school, and developmental psychology, social work, public health, epidemiology, neuroscience, human development and family studies, social psychology, sociology, and communication. This is an open access book.

**syracuse university exercise science: Issues in Orthopedics and Occupational and Sports Medicine: 2011 Edition** , 2012-01-09 Issues in Orthopedics and Occupational and Sports Medicine: 2011 Edition is a ScholarlyEditions™ eBook that delivers timely, authoritative, and comprehensive information about Orthopedics and Occupational and Sports Medicine. The editors have built Issues in Orthopedics and Occupational and Sports Medicine: 2011 Edition on the vast information databases of ScholarlyNews.™ You can expect the information about Orthopedics and Occupational and Sports Medicine in this eBook to be deeper than what you can access anywhere else, as well as consistently reliable, authoritative, informed, and relevant. The content of Issues in Orthopedics and Occupational and Sports Medicine: 2011 Edition has been produced by the world's leading scientists, engineers, analysts, research institutions, and companies. All of the content is from peer-reviewed sources, and all of it is written, assembled, and edited by the editors at ScholarlyEditions™ and available exclusively from us. You now have a source you can cite with authority, confidence, and credibility. More information is available at <http://www.ScholarlyEditions.com/>.

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**syracuse university exercise science: Sport, Exercise, and Performance Psychology** Angus Mugford, J. Gualberto Cremades, 2018-09-26 This book brings together world-class professionals to share theoretical understanding applied to sport, exercise and performance domains. It highlights how to be more effective in developing psychological skills, context and understanding for educators, students and professionals. From both academic and practitioner perspectives, this book takes readers through contextual understanding of this field of study and into a wide variety of important areas. Specifically, the chapters focus on the mind-body relationship and performance challenges, and on core mental skills applied across different sport, exercise and performance examples (including professional athletes, normal exercise populations and military service members). The final section expands the context into the role of relationships and

performance in group settings to cover a broad practice of modern day applied performance psychology.

**syracuse university exercise science: *Sports Marketing and the Psychology of Marketing Communication*** Lynn R. Kahle, Chris Riley, 2004-04-12 This is a scholarly book on Sports Marketing and a book in the Advertising and Consumer Psychology Series sponsored by the Society of Consumer Psychology.

**syracuse university exercise science: *Behavioral Sport Psychology*** James K. Luiselli, Derek D. Reed, 2011-07-25 Sport psychology is a topic of growing interest. Many professionals read journals such as The International Journal of Sports, Journal of Sport Behavior, Journal of Applied Sport Psychology, Research Quarterly for Exercise and Sport, and The Sport Psychologist. In August 2008, Monitor on Psychology, the monthly publication of the American Psychological Association (APA), featured a special issue on sport psychology. Indeed, Division 47 of APA is devoted to the scientific, educational, and clinical foundations of exercise and sport psychology. The North American Society for the Psychology of Sport and Physical Activity (NASPSPA) and the Association for the Advancement of Applied Sport Psychology (AAASP) convene conferences each year to present scientific findings and new developments in a rapidly expanding field. The AAASP and other organizations also qualify professionals as certified sport and exercise psychology consultants. Finally, a visit to any bookstore will reveal the lay public's fascination with sports, as revealed in numerous self-help books and guides to perfecting athletic performance. Behavioral psychologists have studied sport psychology for more than three decades (Martin, Thompson, & Regehr, 2004). Applied behavior analysis (ABA), in particular, has been an instrumental approach to behavioral coaching in many sports, including baseball (Osborne, Rudrud, & Zezoney, 1990), basketball (Pates, Cummings, & Maynard, 2002), figure skating (Ming & Martin, 1996), football (Ward & Carnes, 2002), golf (Pates, Oliver, & Maynard, 2001), ice hockey (Rogerson & Hrycaiko, 2002), soccer (Brobst & Ward, 2002), swimming (Hume & Crossman, 1992), and tennis (Allison & Ayllon, 1980). ABA stresses the application of learning theory principles, objective measurement of athletic skills, controlled outcome evaluation, and socially significant behavior-change. Cognitive behavior therapy, or CBT, also has been a dominant approach to psychological intervention in sports (Meyers, Whelan, & Murphy, 1996; Weinberg & Comar, 1994). CBT addresses athletic performance through cognitive-change methods combined with behavioral practice and environmental modifications. The purpose of the book described in this proposal is to compile the most recent experimental and applied research in behavioral sport psychology. Several journal articles have reviewed critical dimensions of behavioral sport psychology (Martin et al., 2004; Martin, Vause, & Schwartzman, 2005) but no book has covered the topic with an emphasis on ABA and CBT methodology and practice. Accordingly, Behavioral Sport Psychology: Evidence-Based Approaches to Performance Enhancement is a first of its kind volume.

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