

# CONTENTS

<i>List of figures and tables</i>	<i>vii</i>
<i>List of contributors</i>	<i>ix</i>
<i>Preface</i>	<i>xi</i>
1 Coping processes in sport <i>Hugh Richards</i>	1
2 Emotion in sport: antecedents and performance consequences <i>Marc Jones and Mark Uphill</i>	33
3 Coping with Trauma in Sport <i>Melissa Day</i>	62
4 Measurement issues in emotion and emotion regulation <i>Andrew Lane, Chris Beedie and Tracey Devonport</i>	79
5 Coping in sport through social support <i>Tim Rees and Paul Freeman</i>	102
6 Social influence on emotion in sport <i>Megan Babkes Stellino, Julie Partridge and Kristina Moore</i>	118

<b>vi</b>	Coping and emotion in sport	
7	Key movements in directional research in competitive anxiety <i>Christopher Wagstaff, Rich Neil, Stephen Mellalieu and Sheldon Hanton</i>	143
8	Enhancing positive emotion in sport <i>Paul McCarthy</i>	167
9	Coping and emotion in disability sport <i>Jeffrey Martin</i>	194
10	The consequences and control of emotions in elite athletes <i>Mark Uphill and Marc Jones</i>	213
11	The emotional response to athletic injury: re-injury anxiety <i>Natalie Walker and Joanne Thatcher</i>	236
12	Losing to win: a clinical perspective on the experience of loss among elite athletes <i>Corinne Reid</i>	261
13	Elite athletes' experiences of coping with stress <i>Remco Polman</i>	284
14	Working as a sport psychologist at two Olympic Games: a humanist approach <i>Peter Clarke</i>	302
15	Learning to cope in extreme environments: solo endurance ocean sailing <i>Neil Weston</i>	330
16	Coping and emotion in sport: future directions <i>Joanne Thatcher, Marc Jones and David Lavalley</i>	356
	<i>Index</i>	365