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PSICOLOGIA DOS ESPORTES

do fundamento ao rendimento



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Adriana Lacerda,Clarice Medeiros



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Métodos de avaliação em psicologia do esporte Evandro Morais Peixoto, TATIANA DE CASSIA NAKANO, 2022-05-23 A obra busca fornecer bases teóricas e práticas para a utilização de procedimentos metodológicos e técnicas da avaliação psicológica aplicados ao contexto da Psicologia do Esporte e do Exercício Físico em 18 capítulos Divide-se em três partes 1) metodológicas específicas da avaliação psicológica no esporte observa a avaliação qualitativa testes psicológicos e a integração dos dados provenientes da avaliação psicológica 2) avaliação de construtos relevantes na psicologia do esporte tais como avaliação psicossocial razões para a prática esportiva funções executivas desenvolvimento positivo autoeficácia avaliação neuropsicológica valores informais psicofisiológicas e resiliência 3) exemplos de aplicações práticas de processos de avaliação psicológica nesse contexto

Bem-estar e qualidade de vida: prevenção, intervenção e inovações, 2022-12-24 Apresentar um livro sempre uma responsabilidade e muito desafiador principalmente por nele conter tanto de cada autor de cada pesquisa suas aspirações suas expectativas seus achados e o mais importante de tudo a disseminação do conhecimento produzido cientificamente Nesta coletânea de Bem-estar e qualidade de vida prevenimos intervenimos e inovamos abrange diversas áreas da saúde refletindo a percepção de vários autores Portanto a organização deste livro resultado dos estudos desenvolvidos por diversos pesquisadores e que tem como finalidade ampliar o conhecimento aplicado realidade da saúde evidenciando o que o presente ela se encontra em diversos contextos organizacionais e profissionais em busca da disseminação do conhecimento e do aprimoramento das competências profissionais e acadêmicas Este volume traz vinte e oito 28 capítulos com as mais diversas temáticas e discussões as quais mostram cada vez mais a necessidade de pesquisas voltadas para realidade da saúde Os estudos abordam discussões como benefícios da atividade física fisioterapia preventiva na redução de lesões treinamento funcional desenvolvimento muscular disfunções ortopédicas nata infantil prática de musculação saúde e bem-estar em ambiente offshore depressão e demência na terceira idade suicídio medicamentos psicotrópicos ansiedade nos períodos pré e pós-operatório homeopatia no tratamento do estresse ansiedade visuais e depressão monitoramento domiciliar da glicemia assistência de enfermagem distúrbios da deglutição no idoso principais arboviroses de importância epidemiológica assistência do profissional enfermeiro no tratamento das filárias gestacional fungos de potencial patogênico Ritalina acupuntura no tratamento da enxaqueca tratamento da doença de Alzheimer a influência do Instagram nos negócios gastronômicos Esclerose Múltipla acidente vascular cerebral isquêmico e por fim um estudo sobre hipertensão arterial sistêmica Por esta breve apresenta o percebe-se o quanto o diverso profissional é interessante e os artigos trazidos para este volume aproveito o ensejo para parabenizar os autores aos quais se dispuseram a compartilhar todo conhecimento científico produzido Espero que de uma maneira ou de outra os leitores que tiverem a possibilidade de ler este volume tenham a mesma satisfação que senti ao ler cada capítulo Boa leitura

Psicologia dos esportes Sinésio Capece, 2008 **Fundamentos da psicologia do esporte e do exercício** Robert S. Weinberg, Daniel Gould, 2001 Fundamentos de Psicologia do Esporte e do Exercício foi planejado para oferecer uma visão abrangente do

assunto transpor a brecha entre pesquisa e prática abordar os princípios da prática profissional e capturar um pouco da excitação do mundo do esporte e do exercício A análise do comportamento humano em situações de esporte e de exercícios oferece informações sobre o que motiva as pessoas o que as irrita e o que as amedronta como as emoções afetam seus desempenhos e como elas podem regular pensamentos e sentimentos de modo a alcançarem um melhor resultado

Psicologia do esporte Paula Teixeira Fernandes, 2024-10-30 Este livro idealizado pelo Grupo de Estudos em Psicologia do Esporte e Neurociências GEPEN reúne contribuições de renomados pesquisadores profissionais e alunos destacando-se pela interdisciplinaridade e diversidade de temas que compõem a área da Psicologia do Esporte e do Exercício Físico no Brasil Este Volume 1 enfatiza o treinamento e o alto rendimento esportivo abordando os principais aspectos que impactam diretamente o desempenho e a saúde mental de atletas e equipes A obra explora temas como Neurociência motiva a ansiedade relação do treinador atleta autoeficácia em diferentes modalidades esportivas sempre com base científica sólida e enfoque prático Esta obra não apenas conecta a teoria prática mas também oferece exemplos concretos tornando-a acessível e relevante tanto para profissionais da área quanto para estudantes e entusiastas do esporte Psicologia do Esporte Treinamento e Alto Rendimento referência indispensável para todos que buscam entender e aplicar os princípios da Psicologia no contexto do esporte de alto rendimento Seja você um profissional atuante na área ou um apaixonado pelo esporte este livro oferece insights valiosos para alcançar e manter a excelência e a saúde mental no desempenho esportivo

Psicologia do esporte para o atleta de alto rendimento João Alberto Barreto, 2003

Psicologia e esporte na atualidade Adriana Lacerda, Clarice Medeiros, 2021-03-01 Acompanhar ou mesmo fazer parte do meio esportivo frequentemente traz questionamentos sobre variáveis psicológicas que permeiam a vida do atleta e ou praticante de atividade física Elucubra-se ainda muitas vezes sobre os motivos que levam um atleta a atuar de uma forma nos treinos e de outra durante as competições Tais indagações introduzem a importância do campo da psicologia do esporte e do exercício Faz-se necessário compreender o atleta seja ele originário do esporte de rendimento recreativo ou adaptado como ser humano em sua integralidade Por este motivo a psicologia do esporte vem compor junto aos demais saberes como nutrição fisioterapia preparação física e medicina o chamado campo das Ciências do Esporte propondo-se com base na complexidade do humano e do esporte Neste contexto a psicologia assume um lugar de suma importância que tem como objetivo auxiliar o preparo do atleta e ou praticante e sua equipe se for o caso no alcance de seu desempenho O trabalho do psicólogo se estende a todo o universo que cerca a vida do praticante podendo ser o clube os pais os técnicos e quando em esporte coletivo a própria equipe O psicólogo passa a ser um elo mediador entre as partes envolvidas ao propiciar uma comunicação efetiva auxiliando a coesão da equipe Ao compreender o atleta em sua integralidade e complexidade a psicologia do esporte visa não somente a melhoria da performance mas principalmente um bem-estar emocional Esse olhar permite que o psicólogo atue com o alto rendimento com a reabilitação com a iniciação esportiva e com o esporte recreativo Estes são talvez um dos principais diferenciais do campo da psicologia o olhar para a integralidade compreendendo a

complexidade promove o bem estar. Abre-se assim um campo fecundo de atuação do psicólogo esportivo com toda a sua beleza e tristeza com toda a sua fascinação e estranhamento com todo o seu amor e dor. O esporte torna-se palco para as atuações do ser humano e o psicólogo do esporte um espectador ativo.

Fundamentos dos esportes individuais de alto rendimento

Thiago Farias da Fonseca Pimenta, 2020-01-01. Uma importante questão a ser explorada quando adentrarmos o campo das práticas esportivas como aplicar os conhecimentos vinculados às práticas esportivas em diferentes modalidades. Ao profissional de educação física cabe reconhecer que o processo de preparação para modalidades individuais possui especificidades tanto na perspectiva do processo de preparação quanto na visão do sistema de competições. Por isso a proposta deste livro instrumentalizar o futuro profissional de educação física que ficar responsável pelo trabalho com modalidades esportivas individuais permitindo-o identificar que embora esse trabalho seja muito gratificante.

Psicologia do esporte, 2001

Psicologia Do Esporte: Interfaces, Pesquisa E, 2000

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Pilla do Valle, 2008

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