Abstract
The construct of resilience, defined as the capacity to cope and adapt, in a positive way, to highly stressful situations has been studied for more than 60 years ago. However, it seems that only in the last two decades Psychology of Sport and Exercise has led a justified and special interest on it. That is why the demand for these researches that are able to compile all this new information are growing. Therefore, our paper pursues the general aim of reviewing advances in sport context resilience, trying to offer an integrated, current and synthetic vision of conceptualization and results of researches developed. More specifically, the most referenced assessment instruments and future investigations are also shown. In conclusion, this review highlights the most interesting findings on resilience and its relationship with other psychological and/or performance factors, in order to facilitate the development of intervention strategies to optimize sport performance and provides a holistic view of the construct and its future research outlooks.

Keywords
Resilience, sport performance, questionnaires, review.