Abstract

Nowadays, an area of great development in the behavioral sciences, has been that of physical and sports psychology. Its contributions in the fields of research, teaching, consulting, and assessment have led to regard it as a specialty with a very promising future. Because of its relatively recent emergence, this discipline is still unknown to many scholars in psychology and for other people involved in sports and physical activities. The purpose of this article is to show the most relevant aspects of the sport psychologist's work and some key topics to be considered in the education experts.

Keywords

Sports psychology, Mental training, High performance, Motivation.