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Foundations of Sport and Exercise Psychology provides students with a unique learning experience—taking them on a journey through the field’s origins, key concepts, research development, and career options available in the field. After this introduction to the field, the text shifts focus to personal factors that affect performance and behavior in sport, physical education, and exercise settings. Foundations of Sport and Exercise Psychology [Robert Weinberg, Daniel Gould] on Amazon.com. *FREE* shipping on qualifying offers. This is the loose-leaf version of Foundations of Sport and Exercise Psychology, Seventh Edition With Web Study Guide Foundations of Sport and Exercise Psychology Here you will find the supporting resources for Foundations of Sport and Exercise Psychology . Select your textbook below to view its ancillary resources. Foundations of Sport and Exercise Psychology 7E Book Summary : This text provides a comprehensive view of sport and exercise psychology with the latest research on grit, mindfulness, emotional intelligence, cultural diversity, substance abuse, exercise adherence, ethics, professional issues, and transitions in sport.