



Foundations of Sport and Exercise Psychology, 6E

By Robert S. Weinberg, Daniel Gould

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Robert S. Weinberg, PhD, is a professor in kinesiology and health at Miami University in Oxford, Ohio. Weinberg has more than 30 years of experience in both the scholarly and applied aspects of sport psychology. He has written numerous research articles, including more than 150 refereed articles in scholarly journals, as well as books, book chapters, and applied articles for coaches, athletes, and exercisers.

Weinberg was voted one of the top 10 sport psychologists in North America by his peers. He is past president of the North American Society for Psychology of Sport and Physical Activity (NASPSPA) and of the Association for Applied Sport Psychology (AASP). He is also a certified AASP consultant, where he consults with athletes of all sports and ages.

Weinberg was named a Distinguished Scholar in Sport Psychology at Miami University in 2005. In addition, he was the editor of the *Journal of Applied Sport Psychology* and voted outstanding faculty member in the School of Education and Allied Professions at Miami University in 1998. In his leisure time, he enjoys playing tennis, traveling, and gardening.

Daniel Gould, PhD, is the director for the Institute for the Study of Youth Sports and professor in the department of kinesiology at Michigan State University. He has taught sport psychology for more than 35 years. An active researcher, Gould was the founding coeditor of *The Sport Psychologist* and has published more than 200 articles on sport psychology. He is best known for conducting applied research that links research and practice.

Gould was voted one of the top 10 sport psychology specialists in North America and is internationally known, having presented his work in more than 30 countries. When on the faculty of the University of North Carolina at Greensboro, he received the university's coveted Alumni-Teaching Excellence Award, an all-campus teaching honor. He is an Association for Applied Sport Psychology (AASP) certified consultant and member of the United States Olympic Committee Sport Psychology Registry.

Gould is the former president of AASP and SHAPE America's Sport Psychology Academy. In addition to teaching sport psychology, he is extensively involved in coaching education from youth sports to Olympic competition. He also serves as mental skills training consultant for professional, Olympic, and world-class athletes, and in recent years he has served as an executive coach for business leaders interested in enhancing their organizations' performance.

He lives in Okemos, Michigan, with his wife, Deb. He is a proud father of two sons, Kevin and Brian. In his leisure time, he enjoys swimming, doing fitness activities, and spending time with his family.

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