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sport commitment appears under COMMITMENT, so generic entries should be checked first. Obviously, my central task has been to compile a book where all the key concepts in sport and exercise psychology are defined, but, even then, there may be some terms the reader can't find in the main text.

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This edition provides revised coverage of important topics such as exercise behaviour, social physique, eating disorders and drug abuse, as well as new coverage of humanistic theory, and issues related to the psychology of optimal experience.

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