



# Sports Psychology

**Sports are 10% Physical & 90% Mental**

**RAVIKUMAR N G**

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Printing & Published by: Notion Press

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First Edition: 2020

Price: Rs 400-00

ISBN: 978-1-64951-363-2

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**Think about your favourite sport. Now ask yourself how much of success in that sport is down to physical skills and how much is down to mental skills?**

**We all know that physical skills are vital for performance and understand about training them. We know that psychology is important too, but what people actually do to understand and train in it is less well known. Sport Psychology: A Complete Introduction gives you the answers, explaining everything you need to know in one place.**

**Sri Ravikumar N.G is an emerging new talent in the field of Physical Education, Sports and Yoga. He did B.P.Ed., from Tungbhadra College of Physical Education, Kotturu., M.P.Ed and P.G.D.S.M. from Kuvempu University, Shnakraghatta, Shivamogga., M.Phil, from Bharathair University, Coimbatore. He has participated in some National and International Seminars and conferences. He has published Yoga and Education Book. He has worked as a lecture in B.P.Ed Colleges. Presently he is working as Physical Education Director in Kumadvathi College of Education, Shikaripura, Shivamogga District, Karnataka**

Price Rs 250.00  
ISBN 978-1-64951-363-2



**Xpress** Publishing  
An imprint of Notion Press