



## Psychological Basis of Physical Education

By Shamshad Ahmed

2005. Hardcover. Book Condition: New. 300 This volume provides a comprehensive overview of the psychological basis of physical education. It reviews the role of psychological factors such as personality, motivation, anxiety, and performance and goal setting in sports. The book is a compact study on the subject. About The Author:- Shamshad Ahmed, a renowned freelance journalist did his postgraduate diploma in journalism and mass communication in 1975. His area of specialization is sports journalism. As a part of his profession he traveled all over the world and is witnessed many memorable moments in the history of sports. He has been associated with several prominent newspapers and journals, in India and abroad. He has also worked for many television channels as sports reporter. As a prolific writer he contributed learned features and reports of various sports events. The Title 'Psychological Basis of Physical Education written by Shamshad Ahmed' was published in the year 2005. The ISBN number 9788182052451 is assigned to the Hardcover version of this title. This book has total of pp. 300 (Pages). The publisher of this title is Isha Books. This Book is in English. The subject of this book is Education / Psychology / Sports Language: English.



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