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History Of Sport And Exercise Psychology

- Late 1800s: Norman Triplett Studied The Effect Of The Presence Of Others On Bicycling Performance.
- 1920s-1930s: Coleman Griffith Era.
- 1960s: Trait Personality Studies were Conducted Related To Sport

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Modern Sport And Exercise Psychology

- 1980s: Emergence Of Exercise Psychology, The Growth Of Field Research, And An Explosion Of Applied Mental Training With Athletes
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