

## Special Issue

# Sports Psychology for Athletes and Coaches

### Message from the Guest Editor

Sports psychology is an interdisciplinary science that investigates knowledge from related fields and physiology, biomechanics, kinesiology, and psychology. It includes studying how psychological aspects affect performance, and how participation in sport and exercise affect psychological and physical factors. Therefore, the Special Issue, titled “Sports Psychology for Athletes and Coaches” addresses the optimal performance and well-being of athletes and practitioners; the development of essential areas of study, i.e., personality, motivation, athletic performance, youth sport, coaching, team processes, anxiety and stress, biofeedback, cognitive, as well as social and behavior modeling; and interdisciplinary aspects of sports and physical activities.

### Guest Editor

Prof. Dr. Bianca Miarka

Physical Education and Sports School, Federal University of Rio de Janeiro, Rio de Janeiro 21941, RJ, Brazil

### Deadline for manuscript submissions

closed (30 November 2023)



## International Journal of Environmental Research and Public Health

an Open Access Journal  
by MDPI

CiteScore 8.5  
Indexed in PubMed



[mdpi.com/si/108860](https://mdpi.com/si/108860)

*International Journal of  
Environmental Research and  
Public Health*

Editorial Office  
MDPI, Grosspeteranlage 5  
4052 Basel, Switzerland  
Tel: +41 61 683 77 34  
[ijerph@mdpi.com](mailto:ijerph@mdpi.com)

[mdpi.com/journal/  
ijerph](https://mdpi.com/journal/ijerph)





# International Journal of Environmental Research and Public Health

---

an Open Access Journal  
by MDPI

---

CiteScore 8.5  
Indexed in PubMed



[mdpi.com/journal/  
ijerph](https://mdpi.com/journal/ijerph)



## About the Journal

### Message from the Editor-in-Chief

Addressing the environmental and public health challenges requires engagement and collaboration among clinicians and public health researchers. Scientific discoveries and advances in this research field play a critical role in providing a rational basis for informed decision-making toward control and prevention of human diseases, especially the illnesses that are induced from environmental exposure to health hazards.

*IJERPH* provides a forum for discussion of discoveries and knowledge in these multidisciplinary fields. Please consider publishing your research in this high quality peer-reviewed journal.

---

### Editor-in-Chief

Prof. Dr. Paul B. Tchounwou  
RCMI Center for Urban Health Disparities Research and Innovation,  
Richard N. Dixon Research Center, Morgan State University, Baltimore,  
MD 21251, USA

---

### Author Benefits

#### Open Access:

free for readers, with article processing charges (APC) paid by authors or their institutions.

#### High Visibility:

indexed within Scopus, PubMed, MEDLINE, PMC, Embase, GEOBASE, CAPlus / SciFinder, and other databases.

#### Journal Rank:

CiteScore - Q1 (Public Health, Environmental and Occupational Health)