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New Issue of Journal of Applied Sport Psychology Explores Effects of Leadership, Life Skills Development, Music and More

Indianapolis (May 1, 2017) – New research in the current issue of the [Journal of Applied Sport Psychology](#) (JASP) explores a number of topics aimed at further understanding the role psychology plays in sport and exercise. JASP—a publication of the [Association for Applied Sport Psychology](#)—is designed to advance thought, theory, and research on applied aspects of sport and exercise psychology.

JASP research highlights include:

- **[When Trust in the Leader Matters: The Moderated-Mediation Model of Team Performance and Trust:](#)** Trust in the coach represents a critical antecedent of team trust, especially when the team's past performance has been poor. Additionally, further research suggests a combined effect of the level and consensus in trust on team performance. Practical implications suggest that a coach needs to ensure that every player, rather than just some or even the majority of individual team members, trusts him or her and the team.
- **[Is Life Skill Development a By-Product of Sport Participation? Perceptions of Youth Sport Coaches:](#)** The purpose of this study was to understand youth sport coaches' perceptions of life skill development. Analyses revealed four themes based on: (a) life skills are a by-product of sport participation, and transfer “just happens”; (b) if intentionally addressed, it's reactive; (c) coaches recognize the value of intentionally teaching life skills; and (d) coaches identify challenges associated with using an explicit approach to teaching life skills. Results provide evidence for the state of the current sport context and highlight areas for coach education related to life skills integration.
- **[Music's Effect on Exercise Participants by Exercise Session:](#)** This study identified exercise participants' music preferences in three exercise sessions and clarified how preferred or randomly assigned music affects perceived psychological helpfulness of exercise. The results provide basic information for music usage in health management centers and other interested organizations to improve physical activity.

Additional studies in this issue look at The Effects of Cognitive General Imagery Training on Decision-Making Abilities in Curling: A Single-Subject Multiple Baseline Approach; Certified Athletic Trainers' Understanding and Use of Sport Psychology in Their Practice and more.

To request full copies of the studies or to schedule an interview with the authors, please contact Abby Cohen at abby@rosengrouppr.com.

About Association for Applied Sport Psychology (www.appliedsportpsych.org)

Founded in 1986, the Association for Applied Sport Psychology (AASP) is an international, multidisciplinary, professional organization with over 2,400 members in 50 countries. AASP promotes the development of science and ethical practice in the field of sport psychology and offers certification (CC-AASP) to qualified members with a masters or doctorate degree that have met specific course requirements in sport psychology and have completed an extensive, supervised work experience to develop competency in enhancing performance from a psychological standpoint. Follow AASP on [Facebook](#), [Twitter](#), [LinkedIn](#) and [YouTube](#).