

国际体育心理学研究的发展脉络及未来展望

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摘要

本文通过论述国际体育心理学研究的发展脉络及未来展望这一内容, 可以清晰直观地了解到, 自第二次世界大战之后, 国际普遍将体育心理学作为重中之重来推崇, 国际体育心理学研究重点在于人体运动情绪、身体健康、运动的动机等方面, 进而也可以将其划分为几类: 教育运动心理学、临床运动心理学、实验运动心理学等三科, 研究模式也富有多样化、多元化。近 40 年来, 体育心理学发展迅猛, 加入的队伍不断壮大, 对于未来的发展前途无可限量。基于此, 本文重点从国际体育心理学研究的发展脉络及未来展望做出思考, 并提出相应的建议。

关键词: 国际; 体育心理学; 发展脉络; 未来展望



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ABSTRACT

This article can clearly and intuitively understand the development of international sports psychology research. Since the Second World War, the international community has generally regarded sports psychology as a top priority. The research of sports psychology focuses on human emotions, physical health, motivation of sports, etc., and can also be divided into several categories: educational sports psychology, clinical sports psychology, experimental sports psychology, etc. Diversified and diversified. In the past 40 years, sports psychology has developed rapidly, and the number of participating teams has grown steadily, and there is no limit to the future of development. Based on this, this paper focuses on the development of international sports psychology research and future prospects, and puts forward corresponding suggestions.

Keywords: international; sports psychology; development context; future prospect