Expert Available to Comment on Psychological Issues in Olympic Athletes

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UNH Media Relations

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Heather Barber, associate professor of kinesiology at the University of New Hampshire and an expert on psychological issues in athletes. Credit: Jeremy Mayhew, College of Health and Human Services, UNH.

DURHAM, N.H. – Athletes competing in the 2012 Summer Olympic Games in London will face a range of psychological issues, including pressure and anxiety associated with expectations, that are unique to this event, says Heather Barber of the University of New Hampshire. Barber, associate professor of kinesiology in the sport studies option, specializes in sport psychology.

Barber’s research centers on motivation, and girls’ and women’s participation in sport. As a certified consultant of the Association for Applied Sports Psychology, she is a member of the U.S. Olympic Committee Registry of Sport Psychologists. Barber has worked with elite athletes in individual and team sports at all levels. She is also a former coach at Wellesley College.

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Photograph available to download: http://www.unh.edu/news/releases/2012/jul/img/HB-Wall-Pic.jpg
Caption: Heather Barber, associate professor of kinesiology at the University of New Hampshire and an expert on psychological issues in athletes. Credit: Jeremy Mayhew, College of Health and Human Services, UNH.

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