

Taylor & Francis

College Textbooks Sport, Strength & Conditioning and Outdoor Adventure Education



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Contents

Outdoor Adventure Education	2
Sport Coaching	4
Sport Science	7
Strength & Conditioning	9
Football Coaching & Performance	11
Rugby	12
Study Skills	13
Index	14

Adventure Sports Coaching



Edited by **Matt Berry** University of Chichester, UK, **Chris Hodgson** University of Chichester, UK

Coaching adventure sports has been largely neglected in the adventure studies literature. This is the first book to link contemporary sports coaching science with adventure sports practice. It examines the unique set of challenges faced by adventure sports coaches, such as the natural environment and the requirement to train athletes to levels of high performance outside traditional structures of competition. Written by an international team of authors with wide experience of coaching, teaching, researching and high performance participation in adventure sports, this book is invaluable reading for any student or practitioner with an interest in outdoor education or sports coaching.

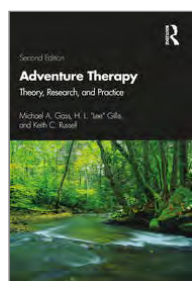
Routledge
March 2015 : 270pp
Pb: 978-0-415-74602-1 : **£49.99**
Hb: 978-0-415-74600-7 : **£145**
eBook: 978-1-315-79757-1

* For full contents and more information, visit: www.routledge.com/9780415746021

2ND EDITION

Adventure Therapy

Theory, Research, and Practice



Michael A. Gass University of New Hampshire, USA, **H.L. "Lee" Gillis** Georgia College, USA, **Keith C. Russell** Western Washington University, USA

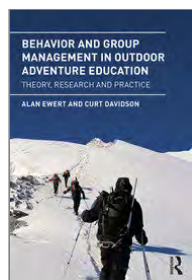
This revised text describes the theory substantiating adventure therapy, demonstrates best practices in the field, and presents research validating the immediate and long-term effects of adventure therapy. This book provides an invaluable reference for the seasoned professional and is a required source of information and examination for the beginning professional. It is a great training resource for adventure therapy practices in the field of mental health.

Routledge
March 2020 : 512pp
Pb: 978-1-138-58444-0 : **£46.99**
Hb: 978-1-138-58443-3 : **£135**
eBook: 978-1-003-01661-8

* For full contents and more information, visit: www.routledge.com/9781138584440

Behavior and Group Management in Outdoor Adventure Education

Theory, research and practice



Alan Ewert Indiana University, USA, **Curt Davidson** Indiana University, US

Outdoor, adventure and experiential education programs that feature challenging tasks such as rock climbing or wilderness trekking are often intended to facilitate group cohesion. Despite this, far more attention has been paid to physical risk management than to group and individual behaviour. This is the first book to address this vitally important aspect of outdoor education. It explains how to manage and interact with groups and how to mitigate negative behaviours. Outlining key theory and evidence-based training practices, it is vital reading for students on outdoor and adventure courses, and for practitioners looking to enhance their clients' experiences or train instructional staff.

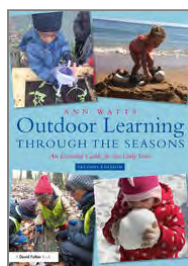
Routledge
June 2017 : 218pp
Pb: 978-1-138-93525-9 : **£46.99**
Hb: 978-1-138-93523-5 : **£145**
eBook: 978-1-315-67753-8

* For full contents and more information, visit: www.routledge.com/9781138935259

2ND EDITION

Outdoor Learning through the Seasons

An Essential Guide for the Early Years



Ann Watts Early Years Consultant, UK

Outdoor learning and play experiences are an essential part of young children's development. The importance of offering children first-hand experience of the natural world becomes more urgent as research evidence demonstrates the benefits of becoming physically and emotionally involved with the natural world. Outdoor Learning through the Seasons shows how we can encourage young children to engage with nature on a daily basis throughout the year.

Routledge
May 2020 : 226pp
Pb: 978-0-367-21898-0 : **£24.99**
Hb: 978-0-367-21897-3 : **£150**
eBook: 978-0-429-26672-0

* For full contents and more information, visit: www.routledge.com/9780367218980

Physical Activity in Natural Settings

Green and Blue Exercise



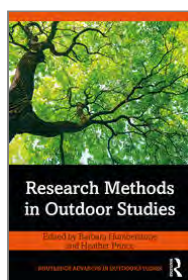
Edited by **Aoife A. Donnelly** Dublin Institute of Technology, Ireland, **Tadhg E. MacIntyre** University of Limerick, Ireland

Physical Activity in Natural Settings brings together multi-disciplinary, international research on physical activity, health and the natural environment, offering evidence-based guidance on implementing nature-based solutions to population health challenges. The book assesses the current research landscape, explores the underlying psychological and physiological mechanisms of the benefits of green exercise, details examples of physical activity in natural settings, and suggests future directions for research and practice. It is important reading for students and researchers in the psychology or physiology of physical activity and health, and policy-makers and health professionals.

Routledge
October 2019 : 384pp
Pb: 978-1-138-89431-0 : **£38.99**
Hb: 978-1-138-74960-3 : **£145**
eBook: 978-1-315-18014-4

* For full contents and more information, visit: www.routledge.com/9781138894310

Research Methods in Outdoor Studies



Edited by **Barbara Humberstone** Buckinghamshire New University, UK, **Heather Prince** University of Cumbria, UK

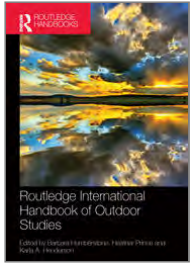
Series: *Routledge Advances in Outdoor Studies*

Over the last two decades Outdoor Studies has emerged as an innovative and vibrant field of study. This is the first book to offer a comprehensive appraisal of established and cutting-edge research methods as applied to Outdoor Studies. Covering qualitative, quantitative and mixed methods, the book examines key methodologies, themes and technologies. Featuring contributions from leading researchers from a variety of disciplinary backgrounds, this is an essential text for any Outdoor Studies course or for researchers looking for innovative and creative research techniques.

Routledge
August 2019 : 374pp
Pb: 978-0-367-18883-2 : **£39.99**
Hb: 978-0-367-18870-2 : **£145**
eBook: 978-0-429-19900-4

* For full contents and more information, visit: www.routledge.com/9780367188832

Routledge International Handbook of Outdoor Studies



Edited by **Barbara Humberstone** Buckinghamshire New University, UK, **Heather Prince** University of Cumbria, UK, **Karla A. Henderson** North Carolina State University, US

Series: *Routledge International Handbooks*

This is the first book to attempt to define and survey the multi-disciplinary set of approaches that constitute the broad field of outdoor studies, including outdoor recreation, outdoor education, adventure education, environmental studies, physical culture studies and leisure studies. It examines the cultural, social and political contexts in which people experience the outdoors, including perspectives on outdoor studies from a wide range of countries, providing the perfect foundation for any student, researcher, educator or outdoors practitioner looking to deepen their professional knowledge of the outdoors and our engagement with the world around us.

Routledge

December 2017 : 560pp

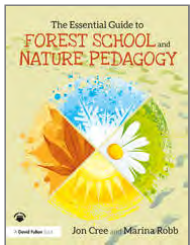
Pb: 978-0-815-38405-2 : **£51.99**

Hb: 978-1-138-78288-4 : **£250**

eBook: 978-1-315-76846-5

* For full contents and more information, visit: www.routledge.com/9780815384052

The Essential Guide to Forest School and Nature Pedagogy



Jon Cree , Marina Robb

This book provides a complete guide to Forest School provision and nature pedagogy. It examines the models, methods, worldviews and values that underpin teaching in nature and shows how it can support learning, behaviour and physical and emotional wellbeing alongside real-life examples from a variety of contexts. There are sample session plans and detailed guidance on using language, crafting and working with the natural world as well as an overview of what a Forest School Programme could look like through the year. Written by leading Forest School practitioners, this is essential reading for settings, schools, youth groups, families and anyone working with children and young people.

Routledge

May 2021 : 406pp

Pb: 978-0-367-42561-6 : **£21.99**

Hb: 978-0-367-42559-3 : **£145**

eBook: 978-0-367-85344-0

* For full contents and more information, visit: www.routledge.com/9780367425616

Adventure Sports Coaching



Edited by **Matt Berry** University of Chichester, UK, **Chris Hodgson** University of Chichester, UK

Coaching adventure sports has been largely neglected in the adventure studies literature. This is the first book to link contemporary sports coaching science with adventure sports practice. It examines the unique set of challenges faced by adventure sports coaches, such as the natural environment and the requirement to train athletes to levels of high performance outside traditional structures of competition. Written by an international team of authors with wide experience of coaching, teaching, researching and high performance participation in adventure sports, this book is invaluable reading for any student or practitioner with an interest in outdoor education or sports coaching.

Routledge
March 2015 : 270pp
Pb: 978-0-415-74602-1 : **£49.99**
Hb: 978-0-415-74600-7 : **£145**
eBook: 978-1-315-79757-1

* For full contents and more information, visit: www.routledge.com/9780415746021

Becoming a Better Sports Coach

Development through Theory Application



Andreas Carlsson

In order to bridge this theory to practice gap, *Becoming a Better Sports Coach: Development through Theory Application* presents theory and science connected to practice in a way that makes it possible for coaches to test, evaluate, and improve upon their existing coaching practice. This hands-on approach sets out to improve coaches' cognition and raising self-awareness as well as improve coaches learning using specific tools for behavioural feedback and reflection. Improving on self-reflective skills and eliciting feedback on the coach's own behaviour is how coaching practice is improved.

Routledge
September 2021 : 292pp
Pb: 978-0-367-86276-3 : **£38.99**
Hb: 978-0-367-86069-1 : **£145**
eBook: 978-1-003-19515-3

* For full contents and more information, visit: www.routledge.com/9780367862763

Foundations of Sport Development



Chris Mackintosh Manchester Metropolitan University, UK

Offering a complete introduction to sport development policy and practice, this book covers key theory, themes, issues and debates in sport development, without assuming any prior knowledge on the part of the reader. It outlines the organisational landscape of sport in the UK and explains important differences across England, Scotland, Wales and Northern Ireland, as well as the global context. This is the perfect foundation textbook for any sport development course taken as part of a degree program in sport development, sport management or sport coaching.

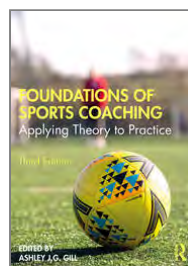
Routledge
January 2021 : 238pp
Pb: 978-0-367-34584-6 : **£37.99**
Hb: 978-0-367-34583-9 : **£145**
eBook: 978-0-429-32670-7

* For full contents and more information, visit: www.routledge.com/9780367345846

3RD EDITION

Foundations of Sports Coaching

Applying Theory to Practice



Edited by **Ashley Gill**

The fully revised 3rd. edition of the popular 'Foundations of Sports Coaching' textbook aims to provide a comprehensive and engaging introduction to the practical and theoretical principles that underpin the sports coaching process from both a participation and performance perspective. This is an essential companion to any sports coaching course.

Routledge
May 2021 : 290pp
Pb: 978-0-367-74697-1 : **£48.99**
Hb: 978-0-367-33882-4 : **£145**
eBook: 978-1-003-15752-6

* For full contents and more information, visit: www.routledge.com/9780367746971

2ND EDITION

Practical Sports Coaching



Edited by **Christine Nash** University of Edinburgh, UK

Practical Sports Coaching is a thorough and engaging guide for all sports coaching students and practitioners. Drawing on real-life case studies and examples, the book is designed to develop practical coaching skills and provides readers with the methods and tools they need to become an expert coach. Structured around all facets of the coaching process, the text comprehensively covers topics such as: Preparing to Coach, the Role and Philosophy of Coaching, Coaching Environments and the use of Modern Technology in Coaching.

Routledge
March 2022 : 272pp
Pb: 978-1-032-01708-2 : **£47.99**
Hb: 978-1-032-01710-5 : **£145**
eBook: 978-1-003-17973-3

* For full contents and more information, visit: www.routledge.com/9781032017082

3RD EDITION

Pure Sport

Sport Psychology in Action



John Kremer Queen's University of Belfast, UK, **Aidan Moran** University College Dublin, Ireland, **Ciaran J. Kearney**

The new edition of *Pure Sport* has been fully revised to give athletes and coaches the most applied and accessible overview of how psychology can be used in sport. Now structured around the journey that an athlete will take, it provides insights on asserting a positive mindset when starting out in competition, how athletes can realise their potential and remain resilient in the face of set-backs, and the best ways to reflect constructively on their experiences. Including tips and advice on how to further improve performance, as well as solutions to common problems, *Pure Sport*, 3rd edition will be invaluable reading for anyone wishing to understand how psychology ca

Routledge
June 2019 : 210pp
Pb: 978-1-138-48406-1 : **£25.99**
Hb: 978-1-138-48400-9 : **£120**
eBook: 978-1-351-05318-1

* For full contents and more information, visit: www.routledge.com/9781138484061

4TH EDITION

Research Methods for Sports Studies



Ian Jones Bournemouth University, UK

Research Methods for Sports Studies is a comprehensive, engaging and practical textbook that provides a grounding in qualitative and quantitative research for students studying programmes related to sport and physical activity. This is an essential read for any student undertaking a dissertation or research project as part of their studies in sport, exercise and related fields, including sport management, sport development, the sociology of sport, sports marketing, sport-related tourism, sport coaching, physical education, and other similar degrees.

Routledge
March 2022 : 384pp
Pb: 978-1-032-01752-5 : **£48.99**
Hb: 978-1-032-04984-7 : **£145**
eBook: 978-1-003-19546-7

* For full contents and more information, visit: www.routledge.com/9781032017525

2ND EDITION

Research Methods in Sports Coaching



Edited by **Lee Nelson** Edge Hill University, UK, **Ryan Groom** Manchester Metropolitan University, UK, **Paul Potrac** Edge Hill University, UK

Research Methods in Sports Coaching is a key resource for students and scholars completing research into sports coaching. The book comprises five distinct parts that prompt readers to think about important considerations: (1) Preparing and initiating the coaching research process, (2) Philosophical considerations for coaching research, (3) Coaching research designs, (4) Methods of collecting coaching data, and (5) Analysing coaching data. This revised edition places emphasis on introducing the diverse research paradigms, research designs, as well as methods of data collection and analysis available to coaching researchers.

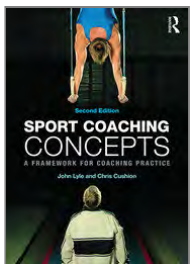
Routledge
January 2025 : 273pp
Pb: 978-1-032-46481-7 : **£39.99**
Hb: 978-1-032-46482-4 : **£145**
eBook: 978-1-003-38189-1

* For full contents and more information, visit: www.routledge.com/9781032464817

2ND EDITION

Sport Coaching Concepts

A framework for coaching practice



John Lyle Leeds Metropolitan University, UK, **Chris Cushion** Loughborough University, UK

Sport Coaching Concepts was the first textbook to offer a comprehensive introduction to the theoretical issues that underpin sports coaching practice. Now in a fully revised and updated new edition, this book explains why a conceptual approach to sports coaching is more important than ever before, using practice-orientated analysis to help students develop a full understanding of coaching theory and technique. Also included are six completely new chapters on the evolution of coaching theory, coaches' expertise, decision-making, social perspectives on the coach-athlete relationship, social inclusion, and principles of coach development.

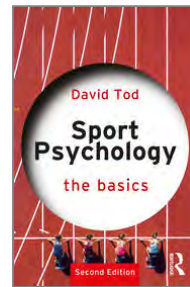
Routledge
November 2016 : 368pp
Pb: 978-0-415-67577-2 : **£62.99**
Hb: 978-0-415-67576-5 : **£190**
eBook: 978-0-203-12642-4

* For full contents and more information, visit: www.routledge.com/9780415675772

2ND EDITION

Sport Psychology

The Basics



David Tod University of the Sunshine Coast, Australia

Series: The Basics

Sport Psychology: The Basics provides an accessible introduction to the fundamental ideas at the heart of Sport Psychology today. This new revised and updated second edition examines the links between sport participants' behaviours, their personality and their environment to identify the factors which affect performance. Exploring theory and practice, it uses case studies to illustrate how key areas of theory are applied within a sport psychologist's practice.

Routledge
March 2022 : 222pp
Pb: 978-0-367-69440-1 : **£19.99**
Hb: 978-0-367-69441-8 : **£94.99**
eBook: 978-1-003-14181-5

* For full contents and more information, visit: www.routledge.com/9780367694401

Sports Coaching

A Theoretical and Practical Guide



Edited by **Ed Cope** University of Hull, UK, **Mark Partington** Edge Hill University, UK

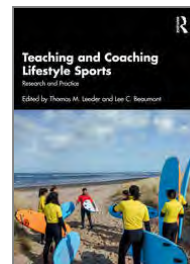
This is the first book to truly integrate academic research on sports coaching with an assessment of and recommendations for applied practice. Written by coaching researchers and practicing coaches, the book introduces the academic evidence base and discusses how and why theory should be integrated into practice. The book is a vital resource for any sports coaching student, researcher or practitioner to develop their evidence-based practice.

Routledge
December 2019 : 184pp
Pb: 978-0-815-39209-5 : **£39.99**
Hb: 978-0-815-39208-8 : **£145**
eBook: 978-1-351-20003-5

* For full contents and more information, visit: www.routledge.com/9780815392095

Teaching and Coaching Lifestyle Sports

Research and Practice



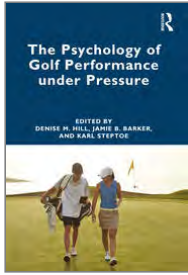
Edited by **Thomas M. Leeder**, **Lee C. Beaumont**

This book develops readers' understanding and conceptualisation of the issues, challenges, and opportunities associated with teaching and coaching lifestyle sports. Each chapter offers novel perspectives towards current trends, pedagogical approaches, and 'steps forward' in relation to lifestyle sports within physical education and sport coaching. The book covers contemporary and important topics within lifestyle sports, such as coach development, enhancing youth sport participation, facilitating athlete learning, and creating a 'meaningful' physical education experience.

Routledge
February 2025 : 218pp
Pb: 978-1-032-58984-8 : **£39.99**
Hb: 978-1-032-58986-2 : **£145**
eBook: 978-1-003-45245-4

* For full contents and more information, visit: www.routledge.com/9781032589848

The Psychology of Golf Performance under Pressure



Edited by **Denise Hill**, **Jamie Barker** Staffordshire University, UK, **Karl Steptoe**

The Psychology of Golf Performance under Pressure offers contemporary, research informed information regarding the key psychological factors affecting golf development and performance under pressure. Through the authors' substantive expertise - all of whom are notable scholars and / or practitioners in the field of golf psychology - the text provides a highly accessible "real world" application of theory to practice, through the provision of evidence-based guidance regarding how to maximise golf performance under pressure.

Routledge

October 2023 : 234pp

Pb: 978-1-032-28901-4 : **£38.99**

Hb: 978-1-032-28902-1 : **£135**

eBook: 978-1-003-29904-2

* For full contents and more information, visit: www.routledge.com/9781032289014

AI for Sports



Chris Brady , Karl Tuyls , Shayegan Omidshafiei

Series: AI for Everything

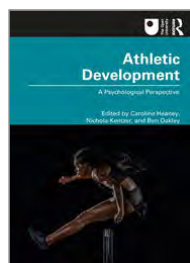
It seems that artificial intelligence (AI) is always only five years away, but recent developments have made the practical utility of game theory and machine learning a genuine reality. Will sport provide the petri dish in which AI will prove itself? What do the domain specialists like managers and coaches want to know that they can't currently find out, and can AI provide the answer? What competitive advantages might AI provide for Recruitment, Performance & Tactics, Health & Fitness, Pedagogy, Broadcasting, eSports, Gambling, and Stadium Design? Written by leading experts in both Sports Management and AI, AI for Sports begins to answer many questions on the future of this field.

CRC Press
December 2021 : 162pp
Pb: 978-1-032-04829-1 : **£23.99**
Hb: 978-1-032-05202-1 : **£130**
eBook: 978-1-003-19653-2

* For full contents and more information, visit: www.routledge.com/9781032048291

Athletic Development

A Psychological Perspective



Edited by Caroline Heaney , Nichola Kentzer , Ben Oakley

Athletic Development: A Psychological Perspective is an examination of the psychological factors that help or hinder the development of participants in sport. This includes influences such as families, coach-athlete interactions, and transitional episodes on an individual's pathway in sport.

Routledge
July 2021 : 274pp
Pb: 978-0-367-72102-2 : **£38.99**
Hb: 978-0-367-72103-9 : **£145**
eBook: 978-1-003-15345-0

* For full contents and more information, visit: www.routledge.com/9780367721022

Complete Guide to Respiratory Care in Athletes



Edited by John Dickinson School of Sport and Exercise Science, University of Kent, UK, **James Hull** Royal Brompton Hospital, London, United Kingdom

This book introduces the respiratory system and its function during exercise. It considers the main respiratory conditions affecting athletes and delivers practical advice for their management. Contributions from leading international experts discuss fundamental scientific principles and practical applications. Chapters include case studies and guides for carrying out tests. Topics covered include environmental challenges to the airways and respiratory muscle training. This is important reading for any practitioner working with athletes with respiratory issues, and for students of sports medicine, sports therapy, and sport and exercise science courses.

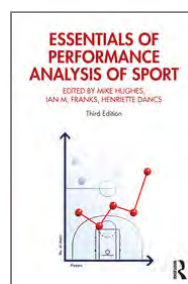
Routledge
July 2020 : 222pp
Pb: 978-1-138-58835-6 : **£39.99**
Hb: 978-1-138-58834-9 : **£145**
eBook: 978-0-429-49234-1

* For full contents and more information, visit: www.routledge.com/9781138588356

3RD EDITION

Essentials of Performance Analysis in Sport

Third edition



Edited by Mike Hughes , Ian Franks , Mike Hughes Cardiff Metropolitan University, UK, **Ian M. Franks** University of British Columbia, Canada, **Henriette Dancs**

Essentials of Performance Analysis in Sport 3rd Edition is fully revised with updated chapters and the addition of 12 new chapters. It is a comprehensive and authoritative guide to this core discipline of contemporary sport science. The book offers a full description of the fundamental theory of match and performance analysis, using real-world illustrative examples and data throughout. It also explores the applied contexts in which analysis can have a significant influence on performance.

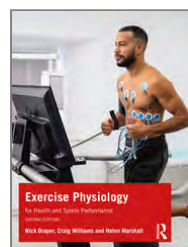
Routledge
December 2019 : 492pp
Pb: 978-0-367-35541-8 : **£59.99**
Hb: 978-0-367-35539-5 : **£185**
eBook: 978-0-429-34013-0

* For full contents and more information, visit: www.routledge.com/9780367355418

2ND EDITION

Exercise Physiology

for Health and Sports Performance



Nick Draper University of Canterbury, New Zealand, **Craig Williams , Helen Marshall** University of Canterbury, New Zealand

Exercise Physiology: For Health and Sports Performance brings together all the essential human anatomy and applied physiology that students of exercise science, physical education and sports coaching will need to know. Written in a friendly, accessible style and containing a wide range of features to help develop understanding, this book provides a complete one-stop-shop for exercise physiology broken down into three fundamental sections; Foundations of Exercise Physiology, Applied Exercise Physiology and the new part three – Exercise Prescription.

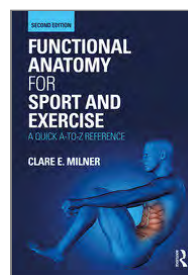
Routledge
May 2024 : 622pp
Pb: 978-0-367-62402-6 : **£45.99**
Hb: 978-0-367-62400-2 : **£135**
eBook: 978-1-003-10928-0

* For full contents and more information, visit: www.routledge.com/9780367624026

2ND EDITION

Functional Anatomy for Sport and Exercise

A Quick A-to-Z Reference



Clare Milner Drexel University, USA

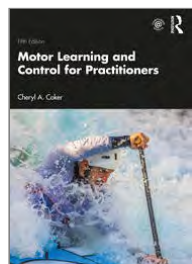
Functional Anatomy for Sport and Exercise is the most user-friendly and accessible available reference to human musculoskeletal anatomy in its moving, active context. Fully updated and revised, the second edition features more illustrations to enhance student learning and an expanded hot topics section to highlight key areas of research in sport and exercise. Functional Anatomy for Sport and Exercise is an essential quick reference for undergraduate students in applied anatomy, functional anatomy, kinesiology, sport and exercise science, physical education, strength and conditioning, biomechanics and athletic training.

Routledge
April 2019 : 174pp
Pb: 978-0-367-15056-3 : **£38.99**
Hb: 978-1-138-54123-8 : **£140**
eBook: 978-0-429-20106-6

* For full contents and more information, visit: www.routledge.com/9780367150563

5TH EDITION

Motor Learning and Control for Practitioners



Cheryl Coker Plymouth State University, USA

With an array of critical and engaging pedagogical features, the fifth edition of *Motor Learning and Control for Practitioners* offers the best practical introduction to motor learning available. This reader-friendly text approaches motor learning in accessible and simple terms and lays a theoretical foundation for assessing performance; providing effective instruction; and designing practice, rehabilitation, and training experiences that promote skill acquisition. Features such as Exploration Activities and Cerebral Challenges involve students at every stage, while a broad range of examples helps readers put theory into practice.

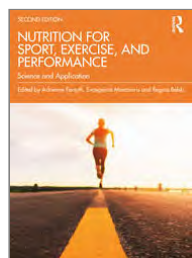
Routledge
September 2021 : 398pp
Pb: 978-0-367-48053-0 : **£68.99**
Hb: 978-0-367-48402-6 : **£145**
eBook: 978-1-003-03971-6

* For full contents and more information, visit: www.routledge.com/9780367480530

2ND EDITION

Nutrition for Sport, Exercise, and Performance

Science and Application



Edited by Adrienne Forsyth, Evangeline Mantzioris, Regina Belski

Nutrition for Sport, Exercise and Performance offers a clear, practical, and accessible guide to building a comprehensive understanding of sport and exercise nutrition from leading experts in nutrition and exercise science. This second edition delivers new insights into working with female athletes, occupational athletes, and athletes in contemporary sports including sport climbing, surfing, skateboarding, and breaking.

Routledge
March 2024 : 360pp
Pb: 978-1-032-34271-9 : **£43.99**
Hb: 978-1-032-34274-0 : **£145**
eBook: 978-1-003-32128-6

* For full contents and more information, visit: www.routledge.com/9781032342719

2ND EDITION

Sport and Exercise Physiology Testing Guidelines: Volume I - Sport Testing

The British Association of Sport and Exercise Sciences Guide



Edited by Richard Davison, Paul M Smith, James Hopker, Michael Price, Florentina Hettinga, Garry Tew, Lindsay Bottoms

With contributions from sport physiologists and practitioners, covering a range of sports, ethical, practical and methodological issues, this volume is essential for sport-specific exercise testing in research and applied settings. The revised format matches the sport groupings used in elite sport support within the UK Sport Institutes.

Routledge
March 2022 : 470pp
Pb: 978-0-367-49133-8 : **£52.99**
Hb: 978-0-367-49246-5 : **£145**
eBook: 978-1-003-04528-1

* For full contents and more information, visit: www.routledge.com/9780367491338

2ND EDITION

Sport and Exercise Physiology Testing Guidelines: Volume II - Exercise and Clinical Testing

The British Association of Sport and Exercise Sciences Guide



Edited by R. C. Davison Napier University, UK, **Paul Smith, James Hopker, Michael Price, Florentina Hettinga, Garry Tew, Lindsay Bottoms**

This book is a comprehensive guide to the protocols and to the key issues in physiological testing. With contributions from sport and exercise physiologists and clinicians, covering a range of physiologically based tests commonly used to assess and monitor clinical conditions, this volume is an essential resource for clinical-specific exercise testing in research and applied settings.

Routledge
March 2022 : 342pp
Pb: 978-0-367-48984-7 : **£52.99**
Hb: 978-0-367-49239-7 : **£145**
eBook: 978-1-003-04526-7

* For full contents and more information, visit: www.routledge.com/9780367489847

5TH EDITION

Sports and Soft Tissue Injuries

A Guide for Students and Therapists



Christopher Norris Norris Health, Congleton, UK, **Christopher Norris**

This fifth edition provides the most complete evidence-based guide for physiotherapists and medical practitioners working with sports injuries. Examining the underlying science of tissue healing and principles of rehabilitation, and covering each area of the body, chapters include in-depth discussion and guidance on the treatment of common sports injuries. Highly illustrated in colour, it is a vital resource for students of sports therapy, physiotherapy, sport medicine and athletic training, practicing physiotherapists and athletic trainers, and interesting further reading for sport and exercise science or kinesiology students.

Routledge
August 2018 : 658pp
Pb: 978-1-138-10659-8 : **£62.99**
Hb: 978-1-138-10658-1 : **£165**
eBook: 978-1-315-10152-1

* For full contents and more information, visit: www.routledge.com/9781138106598

Sports Performance Massage



Steve Bedford

Sports Performance Massage informs the student and practicing therapist to use a combination of experienced and scientific evidence to inform their sports massage practice, particularly when working with athletic populations. Advanced massage skills taught in this book such as; soft tissue release and trigger point therapy, are essential skills when working on muscular adhesions and injured areas. Pregnant athletes, those with disabilities, contraindications and athletes with special requirements have also been considered.

Routledge
September 2021 : 198pp
Pb: 978-0-367-61239-9 : **£32.99**
Hb: 978-0-367-61245-0 : **£145**
eBook: 978-1-003-10480-3

* For full contents and more information, visit: www.routledge.com/9780367612399

2ND EDITION

Advanced Strength and Conditioning

An Evidence-based Approach



Routledge
February 2022 : 436pp
Pb: 978-0-367-49135-2 : **£56.99**
Hb: 978-0-367-49136-9 : **£145**
eBook: 978-1-003-04473-4

* For full contents and more information, visit: www.routledge.com/9780367491352

Edited by **Anthony Turner** Middlesex University, UK, **Paul Comfort** University of Salford, UK

With coverage of data analysis and performance feedback, both vital skills for the contemporary strength and conditioning coach, this concise but sophisticated textbook is the perfect bridge from introductory study to effective professional practice. Written by experts with experience in a wide variety of sports and both applied and research experience, the chapters are enhanced by extensive illustrations and address key topics.

Routledge Handbook of Strength and Conditioning

Sport-specific Programming for High Performance



Routledge
February 2020 : 680pp
Pb: 978-0-367-49904-4 : **£48.99**
Hb: 978-1-138-68724-0 : **£230**
eBook: 978-1-315-54239-3

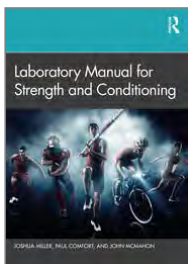
* For full contents and more information, visit: www.routledge.com/9780367499044

Edited by **Anthony Turner** Middlesex University, UK

Series: *Routledge International Handbooks*

Drawing on the latest scientific evidence, this handbook introduces sport-specific strength and conditioning for over 30 different sports, from soccer and basketball to triathlon and mixed martial arts. Every chapter introduces the fundamental requirements of a particular sport, including the physiological and biomechanical demands on the athlete and injury prevalence, and describes a sport-specific fitness testing battery and exercise program. Additional chapters cover the adaptation of program design for female athletes, young athletes and athletes with a disability. This is vital reading for S&C students and an invaluable reference for practising S&C coaches and trainers.

Laboratory Manual for Strength and Conditioning



Routledge
May 2023 : 208pp
Pb: 978-1-032-03325-9 : **£36.99**
Hb: 978-1-032-03328-0 : **£135**
eBook: 978-1-003-18676-2

* For full contents and more information, visit: www.routledge.com/9781032033259

Joshua Miller, **Paul Comfort** University of Salford, UK, **John McMahon** University of Salford, UK

The Laboratory Manual for Strength and Conditioning is designed to be a practical guide for training students and professionals in the skills to be applied to strength and conditioning. The labs cover seven major aspects of strength and conditioning including speed, power, flexibility, agility, and fitness. The labs are practical and easy to follow with sample calculations, data tables, and worksheets to complete. Each includes suggested tasks / activities to apply the theory to real world applications.

Strength and Conditioning

A Concise Introduction



Routledge
December 2019 : 338pp
Pb: 978-0-367-13449-5 : **£46.99**
Hb: 978-0-367-13447-1 : **£115**
eBook: 978-0-429-02654-6

* For full contents and more information, visit: www.routledge.com/9780367134495

John Cissik Texas Woman's University, USA

Strength and Condition: A Concise Introduction encourages students and professionals to think critically about their work and to adopt an evidence-based approach. It explains the inter-dependence of aspects of training such as needs analysis, assessment, injury, competition level, athlete age and program design, and it fully explains how those aspects should be integrated

Performance Assessment in Strength and Conditioning



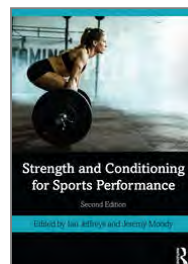
Routledge
October 2018 : 382pp
Pb: 978-0-415-78938-7 : **£46.99**
Hb: 978-0-415-78936-3 : **£145**
eBook: 978-1-315-22281-3

* For full contents and more information, visit: www.routledge.com/9780415789387

Edited by **Paul Comfort** University of Salford, UK, **Paul A. Jones** University of Salford, UK, **John J. McMahon** University of Salford, UK

This is the first textbook to suggest the most appropriate and reliable methods for assessing and monitoring athletes' performance, as well as including detailed sections on testing considerations and the interpretation and application of results. The book explores the full range of considerations required to reliably assess performance before going on to recommend the optimal methods for testing all aspects of physical performance, and closing with a section on interpreting, presenting and applying results to practice. It is an essential text for upper-level strength and conditioning students and practitioners, alike.

Strength and Conditioning for Sports Performance



Routledge
March 2021 : 740pp
Pb: 978-0-367-40463-5 : **£72.99**
Hb: 978-0-367-34823-6 : **£190**
eBook: 978-0-429-33098-8

* For full contents and more information, visit: www.routledge.com/9780367404635

Edited by **Ian Jeffreys** University of South Wales, UK, **Ian Jeffreys**, **Jeremy Moody** Cardiff Metropolitan University, UK, **Jeremy Moody**

Strength and Conditioning for Sports Performance is a comprehensive and authoritative introduction to the theory and practice of strength and conditioning, providing students, coaches and athletes with everything they need to design and implement effective training programs.

2ND EDITION

Strength and Conditioning for Young Athletes

Science and Application



Edited by **Rhodri Lloyd**, **Jon Oliver** Cardiff Metropolitan University, UK

This book offers an evidence-based introduction to the theory and practice of strength and conditioning for young athletes. Fully revised and updated, this second edition offers an holistic approach to long-term athletic development and the welfare of the young athlete. Written by leading international strength and conditioning experts and paediatric sport scientists, the book includes practical guidelines to show how the latest scientific research can be applied to optimize young athletic potential. This is an essential resource for all students of strength and conditioning or paediatric exercise science, as well as any coach working with young athletes.

Routledge

September 2019 : 414pp

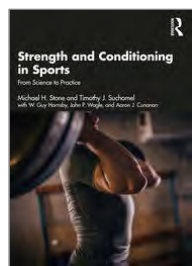
Pb: 978-0-815-36183-1 : **£48.99**Hb: 978-0-815-36182-4 : **£155**

eBook: 978-1-351-11534-6

* For full contents and more information, visit: www.routledge.com/9780815361831

Strength and Conditioning in Sports

From Science to Practice



Michael Stone, **Timothy Suchomel**, **W. Hornsby**, **John Wagle**, **Aaron Cunanan**

Strength and Conditioning in Sports: From Science to Practice is unique in that it covers, in a comprehensive manner, both of these areas. This textbook "connects" the mechanism with practical application. Selecting the appropriate training process is paramount to success in competitive sport. A major component of this textbook is the detailed explanations of developing that process from creating an Annual Plan, selection of the appropriate Periodization model and how to Program that model.

Routledge

July 2022 : 342pp

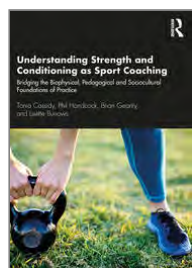
Pb: 978-0-367-56022-5 : **£52.99**Hb: 978-0-367-56024-9 : **£145**

eBook: 978-1-003-09613-9

* For full contents and more information, visit: www.routledge.com/9780367560225

Understanding Strength and Conditioning as Sport Coaching

Bridging the Biophysical, Pedagogical and Sociocultural Foundations of Practice



Tania Cassidy Otago University, New Zealand, **Phil Handcock** University of Otago, New Zealand, **Brian Gearity** University of Denver, USA, **Lisette Burrows**

Understanding Strength and Conditioning as Sport Coaching helps students and coaches to integrate perspectives from these other disciplines to enhance their strength and conditioning coaching practice. The book offers an introduction to pedagogical and socio-cultural concepts and literature in an S&C context and is a vital resource for students of strength and conditioning, practicing strength and conditioning coaches and sport science staff.

Routledge

May 2020 : 200pp

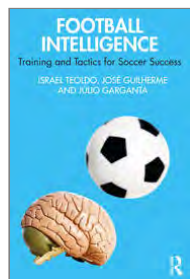
Pb: 978-1-138-30182-5 : **£39.99**Hb: 978-1-138-30181-8 : **£145**

eBook: 978-0-203-73224-3

* For full contents and more information, visit: www.routledge.com/9781138301825

Football Intelligence

Training and Tactics for Soccer Success



Israel Tealdo, José Guilherme, Júlio Garganta

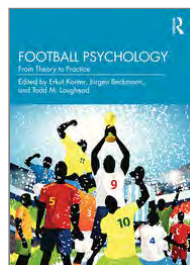
Football Intelligence: Training and Tactics for Soccer Success presents procedures and ideas that, besides assisting in the task of evaluating the tactical performance of soccer players and teams, also allows improving their expression throughout the learning and training phase.

Routledge
December 2021 : 246pp
Pb: 978-1-032-12150-5 : **£32.99**
Hb: 978-1-032-12160-4 : **£145**
eBook: 978-1-003-22337-5

* For full contents and more information, visit: www.routledge.com/9781032121505

Football Psychology

From Theory to Practice



Edited by Erkut Konter, Jürgen Beckmann Technische Universität München, Germany, **Todd M. Loughhead**

This is the first book to comprehensively map the psychology of learning, playing and coaching the world's favourite sport. Including contributions from a range of international researchers, each chapter provides a review of the relevant literature, key theories, real-world examples, and reflections on how knowledge can be applied in practice. The book is split into four sections: mood, cognition and emotion; coaching essentials; psychological skills for performance; and youth development. Essential reading for any student, researcher or professional in the area, it is the most cutting-edge overview of how psychology can explain and improve the way football is both played and understood.

Routledge
May 2019 : 384pp
Pb: 978-1-138-28751-8 : **£41.99**
Hb: 978-1-138-28749-5 : **£120**
eBook: 978-1-315-26824-8

* For full contents and more information, visit: www.routledge.com/9781138287518

Professional Football Club Management

Leadership for Commercial Success



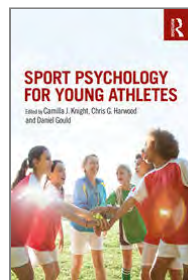
Simon Van Kerckhoven DIAS BV, Belgium

This is a handbook for leading a professional football club to commercial success. Covering every aspect of the business and commercial operations of a modern football club, and with a focus on increasing revenues and building a powerful brand, the book explains how to take any club to the next level and increase brand value. This book is essential reading for anybody working in professional football, and for anybody taking courses in executive football education, football studies or sport management. It is also a valuable resource for anyone who has a general interest in the business and commercial aspects of managing a professional football club.

Routledge
November 2023 : 228pp
Pb: 978-1-032-32064-9 : **£35.99**
Hb: 978-1-032-32065-6 : **£145**
eBook: 978-1-003-31268-0

* For full contents and more information, visit: www.routledge.com/9781032320649

Sport Psychology for Young Athletes



Edited by Camilla J. Knight Swansea University, UK, **Chris G. Harwood** Loughborough University, UK, **Daniel Gould** Michigan State University, USA

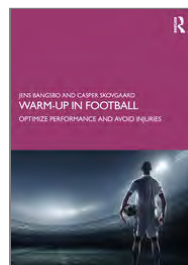
Understanding and applying psychology within youth sport settings is key to maximising young athletes' enjoyment, wellbeing, and sporting performance. Written by a team of leading international researcher-practitioners, this book is the first to offer an evidence-based introduction to the theory and practice of sport psychology for children and young athletes. It provides practical strategies and guidance for those working in or researching youth sport, demonstrating how to integrate sport psychology effectively in a variety of youth sport contexts. The most up-to-date and authoritative guide to sport psychology for young people, this is essential reading for anyone working in youth sport.

Routledge
October 2017 : 348pp
Pb: 978-1-138-68239-9 : **£46.99**
Hb: 978-1-138-68238-2 : **£145**
eBook: 978-1-315-54520-2

* For full contents and more information, visit: www.routledge.com/9781138682399

Warm-up in Football

Optimize Performance and Avoid Injuries



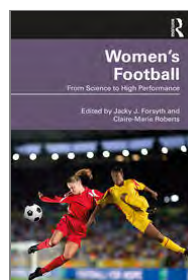
Jens Bangsbo University of Copenhagen, Denmark, **Casper Skovgaard**

Warm-up in Football provides scientific evidence for the effect of warming-up and describes how performance is closely related to muscle temperature. Furthermore, how the right warm-up prior to a match and at half time does improve the outcome in football.

Routledge
June 2021 : 214pp
Pb: 978-0-367-67505-9 : **£33.99**
Hb: 978-0-367-67506-6 : **£145**
eBook: 978-1-003-13157-1

* For full contents and more information, visit: www.routledge.com/9780367675059

Women's Football



Edited by Jacky J. Forsyth Sport & Exercise, Staffordshire Uni, UK, **Claire-Marie Roberts** Health & Applied Sciences, University of the West of England, UK

Women's Football provides a thorough, yet straightforward and accessible, analysis of the key physiological, biomechanical and social-psychological issues that can be applied to achieve women's footballing development.

Routledge
September 2024 : 258pp
Pb: 978-1-032-46485-5 : **£39.99**
Hb: 978-1-032-46488-6 : **£150**
eBook: 978-1-003-38191-4

* For full contents and more information, visit: www.routledge.com/9781032464855

The Dynamics of Modern Rugby



Edited by **Bruce Davies , Julien Baker**

The Dynamics of Modern Rugby is a unique and contemporary addition to the rugby literature. The contributors consider the physical, mental and nutritional demands of the game in its present form and how best to acquire these attributes in the most effective and efficient manner. Injury prevention and the most effective forms of treatment are discussed. New concepts to improve exercise capacity, game preparation and recovery are discussed in conjunction with the modern coaching theories of the game. Two outstanding International referees discuss possible rule changes and the future vision for World Rugby is outlined by the President of World Rugby.

Routledge

March 2021 : 206pp

Pb: 978-0-367-43819-7 : **£38.99**

Hb: 978-0-367-43820-3 : **£145**

eBook: 978-1-003-15953-7

* For full contents and more information, visit: www.routledge.com/9780367438197

2ND EDITION

The Science of Rugby



Edited by **Craig Twist** University of Chester, UK, **Paul Worsfold** University of Chester, UK

This book explores the scientific principles underpinning the preparation and management of rugby players in both codes and modified versions of the sport. Applied examples are also provided throughout to understand the practical application of the material in a real-world context. This new edition of the Science of Rugby offers a significant contribution to the field of rugby science that will act as a useful resource to scientists, coaches, practitioners and students interested in rugby.

Routledge

May 2023 : 296pp

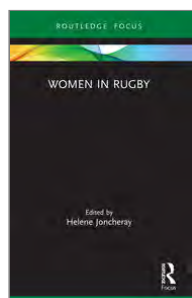
Pb: 978-0-367-49211-3 : **£49.99**

Hb: 978-0-367-49213-7 : **£135**

eBook: 978-1-003-04505-2

* For full contents and more information, visit: www.routledge.com/9780367492113

Women in Rugby



Edited by **Helene Joncheray** University of Paris, France

Series: Women, Sport and Physical Activity

This is the first book to introduce key themes in the study of women's rugby from multi-disciplinary perspectives, including history, sociology, gender studies, sport development, and sport science. This is fascinating reading for anybody with an interest in women's sport, rugby, sport and social issues, sport development, or sport history.

Routledge

January 2023 : 148pp

Pb: 978-1-032-04085-1 : **£18.99**

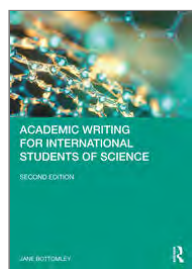
Hb: 978-0-367-43695-7 : **£51.99**

eBook: 978-1-003-00554-4

* For full contents and more information, visit: www.routledge.com/9781032040851

2ND EDITION

Academic Writing for International Students of Science



Jane Bottomley University of Manchester

This second edition is an accessible companion designed to help science and technology students develop the knowledge, skills and strategies needed to produce clear and coherent academic writing in their university assignments. Using authentic texts to explore the nature of scientific writing, the book covers key areas such as scientific style, effective sentence and paragraph structure, and coherence in texts and arguments. Throughout the book, a range of tasks offers the opportunity to put theory into practice. This is an invaluable tool for the busy science or technology student looking to improve their writing and reach their full academic potential.

Routledge

October 2021 : 220pp

Pb: 978-0-367-63272-4 : **£28.99**

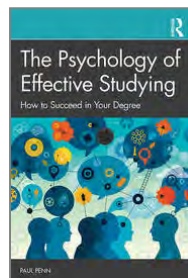
Hb: 978-0-367-63271-7 : **£145**

eBook: 978-1-003-11857-2

* For full contents and more information, visit: www.routledge.com/9780367632724

The Psychology of Effective Studying

How to Succeed in Your Degree



Paul Penn Independent Scholar, UK

This book provides a vital guide for students to key study skills that are instrumental in success at university. It uses a combination of research from cognitive psychology, humour and practical examples to convey where students often go fundamentally wrong in their studying practices and provides clear and concise advice on how they can improve. The book covers time management, academic integrity, writing essays, team work, and other key required skills for academic study. Written in a humorous and irreverent tone, and including illustrations and examples from popular culture, this is the ideal alternative and accessible study skills resource for any student at undergraduate level.

Routledge

August 2019 : 244pp

Pb: 978-1-138-57092-4 : **£21.99**

Hb: 978-1-138-57090-0 : **£130**

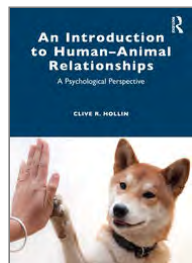
eBook: 978-0-203-70311-3

* For full contents and more information, visit: www.routledge.com/9781138570924

2ND EDITION

An Introduction to Human–Animal Relationships

A Psychological Perspective



Clive R. Hollin

An Introduction to Human–Animal Relationships is a comprehensive introduction to the field of human–animal interaction from a psychological perspective across a wide range of themes. This key text brings an important perspective to the field of human–animal studies and will be useful to students and scholars in the fields of psychology, sociology, animal welfare, anthrozoology, veterinary science, and zoology.

Routledge

May 2021 : 208pp

Pb: 978-0-367-27759-8 : **£35.99**

Hb: 978-0-367-27757-4 : **£135**

eBook: 978-0-429-29773-1

* For full contents and more information, visit: www.routledge.com/9780367277598

The Researcher's Toolkit

The Complete Guide to Practitioner Research



David Wilkinson Research Fellow within the Work-Based Learning Unit at the University of Leeds, **Dennis Dokter**

Designed for those undertaking research for the first time, the second edition of The Researcher's Toolkit is a practical and accessible guide for all those partaking in small-scale research. Jargon-free and assuming no prior knowledge, it covers the entire research process, from defining a research topic or question through to its completion. This book is a must-read guide for students and budding researchers as well as educators seeking to explain academic research and writing to their pupils. It will benefit anyone looking to complete a research project whether inside academia or beyond.

Routledge

May 2023 : 178pp

Pb: 978-1-032-01810-2 : **£26.99**

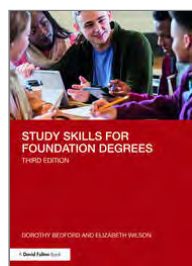
Hb: 978-1-032-01809-6 : **£135**

eBook: 978-1-003-18015-9

* For full contents and more information, visit: www.routledge.com/9781032018102

3RD EDITION

Study Skills for Foundation Degrees



Dorothy Bedford, Elizabeth Wilson

Study Skills for Foundation Degrees offers a step-by-step guide to the skills needed to successfully complete a Foundation Degree. Filled with activities and useful tips, it will help students to move from nervous novice to confident expert and provide them with the necessary tools to accomplish this. This third edition has been fully updated and features new chapters on e-learning, dissertations as well as expanded sections on ethics, feedback and referencing. Each chapter includes practical guidance as well as student perspectives that will help students through their course of study.

Routledge

December 2019 : 200pp

Pb: 978-0-367-33135-1 : **£17.99**

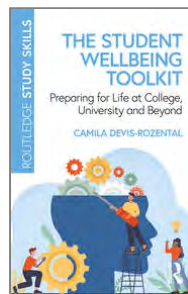
Hb: 978-0-367-33134-4 : **£145**

eBook: 978-0-429-31810-8

* For full contents and more information, visit: www.routledge.com/9780367331351

The Student Wellbeing Toolkit

Preparing for Life at College, University and Beyond



Camila Devis-Rozental Bournemouth University, UK

Series: Routledge Study Skills

The Student Wellbeing Toolkit puts wellbeing at the centre of your journey into university and beyond. By encouraging self-efficacy and a focus on the things you can control, it provides clear guidance to enhance wellbeing and opportunities for self-reflection that help develop self-awareness and prosocial skills for life. Drawing on research evidenced theories around positive psychology, theories of learning, motivation, and self-development, the book explores what, how, and why these areas are key to our wellbeing and the rationale for taking them into account to enable you to flourish and thrive at university.

Routledge

June 2023 : 286pp

Pb: 978-1-032-32966-6 : **£17.99**

Hb: 978-1-032-32965-9 : **£145**

eBook: 978-1-003-31754-8

* For full contents and more information, visit: www.routledge.com/9781032329666

A		Research Methods in Outdoor Studies	2
Academic Writing for International Students of Science	13	Research Methods in Sports Coaching	5
Advanced Strength and Conditioning	9	Routledge Handbook of Strength and Conditioning	9
Adventure Sports Coaching	2	Routledge International Handbook of Outdoor Studies	3
Adventure Sports Coaching	4	S	
Adventure Therapy	2	Sport and Exercise Physiology Testing Guidelines: Volume I - Sport Testing	8
AI for Sports	7	Sport and Exercise Physiology Testing Guidelines: Volume II - Exercise and Clinical Testing	8
An Introduction to Human–Animal Relationships	13	Sport Coaching Concepts	5
Athletic Development	7	Sport Psychology	5
B		Sport Psychology for Young Athletes	11
Becoming a Better Sports Coach	4	Sports and Soft Tissue Injuries	8
Behavior and Group Management in Outdoor Adventure Education	2	Sports Coaching	5
C		Sports Performance Massage	8
Complete Guide to Respiratory Care in Athletes	7	Strength and Conditioning	9
E		Strength and Conditioning for Sports Performance	9
Essentials of Performance Analysis in Sport	7	Strength and Conditioning for Young Athletes	10
Exercise Physiology	7	Strength and Conditioning in Sports	10
F		Study Skills for Foundation Degrees	13
Football Intelligence	11	T	
Football Psychology	11	Teaching and Coaching Lifestyle Sports	5
Foundations of Sport Development	4	The Dynamics of Modern Rugby	12
Foundations of Sports Coaching	4	The Essential Guide to Forest School and Nature Pedagogy	3
Functional Anatomy for Sport and Exercise	7	The Psychology of Effective Studying	13
L		The Psychology of Golf Performance under Pressure	6
Laboratory Manual for Strength and Conditioning	9	The Researcher's Toolkit	13
M		The Science of Rugby	12
Motor Learning and Control for Practitioners	8	The Student Wellbeing Toolkit	13
N		U	
Nutrition for Sport, Exercise, and Performance	8	Understanding Strength and Conditioning as Sport Coaching	10
O		W	
Outdoor Learning through the Seasons	2	Warm-up in Football	11
P		Women's Football	11
Performance Assessment in Strength and Conditioning	9	Women in Rugby	12
Physical Activity in Natural Settings	2		
Practical Sports Coaching	4		
Professional Football Club Management	11		
Pure Sport	4		
R			
Research Methods for Sports Studies	5		

B.		J.	
Bangsbo, Skovgaard	11	Jeffreys, Jeffreys, Moody, Moody	9
Bedford	8	Joncheray	12
Bedford, Wilson	13	Jones	5
Berry, Hodgson	2		
Berry, Hodgson	4	K.	
Bottomley	13	Knight, Harwood, Gould	11
Brady, Tuyls, Omidshafiei	7	Konter, Beckmann, Loughhead	11
		Kremer, Moran, Kearney	4
C.		L.	
Carlsson	4	Leeder, Beaumont	5
Cassidy, Handcock, Gearity, Burrows	10	Lloyd, Oliver	10
Cissik	9	Lyle, Cushion	5
Coker	8		
Comfort, Jones, McMahon	9	M.	
Cope, Partington	5	Mackintosh	4
Cree, Robb	3	Miller, Comfort, McMahon	9
		Milner	7
D.		N.	
Davies, Baker	12	Nash	4
Davison, Smith, Hopker, Price, Hettinga, Tew, Bottoms	8	Nelson, Groom, Potrac	5
Davison, Smith, Hopker, Price, Hettinga, Tew, Bottoms	8	Norris, Norris	8
Devis-Rozental	13		
Dickinson, Hull	7	P.	
Donnelly, MacIntyre	2	Penn	13
Draper, Williams, Marshall	7		
E.		S.	
Ewert, Davidson	2	Stone, Suchomel, Hornsby, Wagle, Cunanan	10
F.		T.	
Forsyth, Mantziaris, Belski	8	Teoldo, Guilherme, Garganta	11
Forsyth, Roberts	11	Tod	5
		Turner	9
G.		Turner, Comfort	9
Gass, Gillis, Russell	2	Twist, Worsfold	12
Gill	4		
H.		V.	
Heaney, Kentzer, Oakley	7	Van Kerckhoven	11
Hill, Barker, Steptoe	6		
Hollin	13	W.	
Hughes, Franks, Hughes, Franks, Dancs	7	Watts	2
Humberstone, Prince	2	Wilkinson, Dokter	13
Humberstone, Prince, Henderson	3		



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