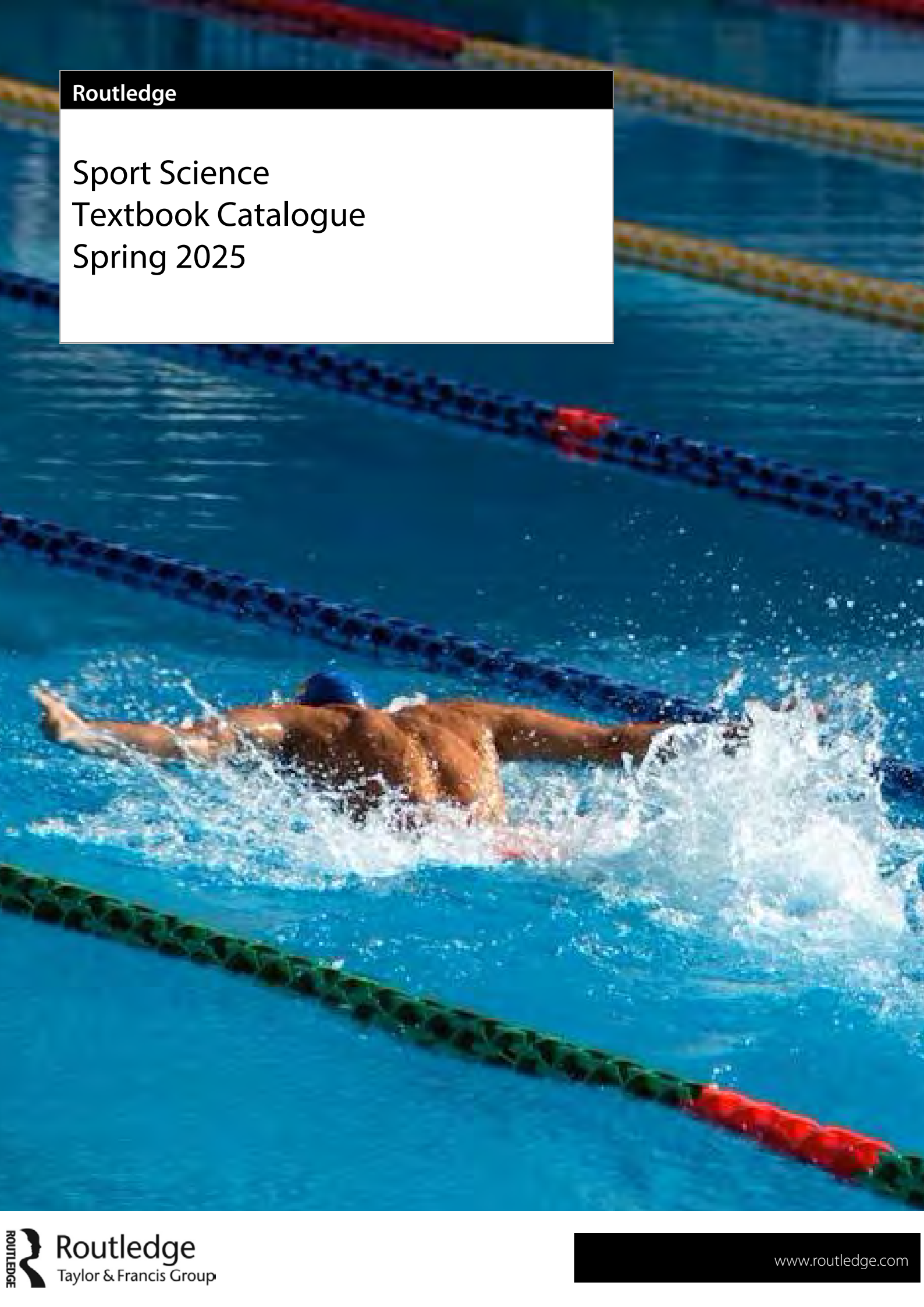


A high-speed photograph of a swimmer in a pool, captured mid-stroke. The swimmer is wearing a blue cap and is creating a large splash of white water. Lane lines with red and blue floats are visible in the background.

Routledge

Sport Science
Textbook Catalogue
Spring 2025

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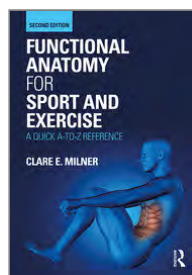
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2ND EDITION

Functional Anatomy for Sport and Exercise

A Quick A-to-Z Reference

**Clare Milner**

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 : **£36.99**Hb: 978-1-138-54123-8 : **£130**

eBook: 978-0-429-20106-6

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

The Sports Rehabilitation Therapists' Guidebook

Accessing Evidence-Based Practice

*Edited by* **Konstantinos Papadopoulos, Mark Richardson**

The Sports Rehabilitation Therapists' Guidebook is a well-equipped, comprehensive, practical, evidence-based guide that seeks to assist both students and graduate sport practitioners. The book is designed to be a quick-reference book during assessment and treatment planning giving instant access to figures and case scenarios. It introduces evidence-based practice in all principal areas of sport rehabilitation such as anatomy, musculoskeletal assessment, pitch-side care, injury treatment modalities and exercise rehabilitation principles and related areas and is designed to be more flexible than usual single focus books.

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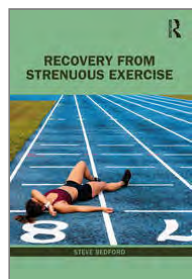
July 2021 : 190pp

Pb: 978-0-367-77390-8 : **£34.99**Hb: 978-0-367-77389-2 : **£135**

eBook: 978-1-003-17114-0

* For full contents and more information, visit: www.routledge.com/9780367773908

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This book empowers the athlete, the coach and the therapist, by giving them greater confidence, improves their critical thinking, avoid poor practice, and gives them a greater understanding of what causes fatigue and how its effects can be minimised. Recovery from Strenuous Exercise covers many of the aspects required to make a highly skilled, confident, knowledgeable, personal trainer, sports therapist or strength and conditioning coach. It also acts as a recovery 'go to' guide for competitive recreational athletes who lack the knowledge and guidance on optimal recovery protocols used by their professional peers.

Routledge

September 2022 : 264pp

Pb: 978-0-367-74296-6 : **£32.99**Hb: 978-0-367-74297-3 : **£135**

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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

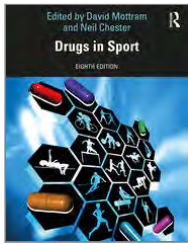
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eBook: 978-1-003-10480-3

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8TH EDITION

Drugs in Sport



Edited by **David Mottram**, **Neil Chester** Liverpool John Moores University, UK

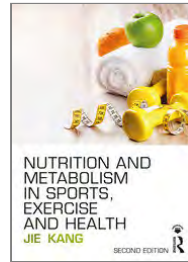
Drugs in Sport is the most comprehensive and accurate text on the emotive, complex and critical subject of performance enhancement and doping within sport. Thoroughly updated in light of the latest World Anti-Doping Code and taking into account the latest regulations, procedures and landmark cases, this 8th edition explores the science behind drug-use in sport, as well as its ethical, social, political and administrative context.

Routledge
January 2022 : 504pp
Pb: 978-0-367-56029-4 : **£53.99**
Hb: 978-0-367-56030-0 : **£135**
eBook: 978-1-003-09616-0

* For full contents and more information, visit: www.routledge.com/9780367560294

2ND EDITION

Nutrition and Metabolism in Sports, Exercise and Health



Jie Kang The College of New Jersey, USA

This second edition offers a comprehensive introduction to sport and exercise nutrition, integrating key nutritional facts, concepts and dietary guidelines with a thorough discussion of the fundamental biological science. Informed by the latest research, the book includes brand new sections on topics such as, cellular structure for metabolism and protein supplementation. Each chapter contains updated pedagogical features and an expanded companion website offers additional teaching and learning tools. This book is essential reading for all students of sport and exercise science, kinesiology, physical therapy, strength and conditioning, nutrition or health sciences.

Routledge
February 2018 : 520pp
Pb: 978-1-138-68758-5 : **£51.99**
Hb: 978-1-138-68757-8 : **£175**
eBook: 978-1-315-54225-6

* For full contents and more information, visit: www.routledge.com/9781138687585

2ND EDITION

Exercise and Sport Pharmacology



Mark Mamrack

Exercise and Sport Pharmacology is an essential book for teaching about how drugs can affect exercise and how exercise can affect the action of drugs. It leads students through the related pathology, exercise physiology, and drug action of many of today's chronically used medications and discusses how drugs can affect exercise performance.

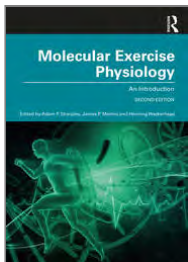
Routledge
July 2020 : 456pp
Pb: 978-1-138-61323-2 : **£64.99**
Hb: 978-1-138-61321-8 : **£135**
eBook: 978-1-003-03538-1

* For full contents and more information, visit: www.routledge.com/9781138613232

2ND EDITION

Molecular Exercise Physiology

An Introduction



Edited by **Adam Sharples**, **Henning Wackerhage**, **James Morton**, **Henning Wackerhage**

Fully revised, the second edition of Molecular Exercise Physiology offers a student-friendly introduction. It introduces a history documenting the emergence of molecular biology techniques to investigate exercise physiology, the methodology used, exercise genetics and epigenetics, and the molecular mechanisms that lead to adaptation after different types of exercise, and explicitly links to outcomes in sport performance, nutrition, physical activity, and clinical exercise.

Routledge
May 2022 : 358pp
Pb: 978-1-138-08688-3 : **£58.99**
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eBook: 978-1-315-11075-2

* For full contents and more information, visit: www.routledge.com/9781138086883

2ND EDITION

Biomechanical Evaluation of Movement in Sport and Exercise

The British Association of Sport and Exercise Sciences Guide



Edited by **Carl J. Payton** Manchester Metropolitan University, UK, **Adrian Burden** Manchester Metropolitan University, UK

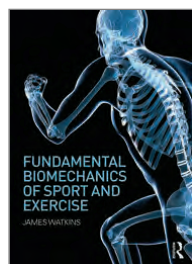
Series: *BASES Sport and Exercise Science*

Now in a fully updated and revised second edition, this is still the only up-to-date guide to the use of technology in sport and exercise biomechanics. It includes detailed explanations of the theory underlying biomechanics testing and measurement, along with advice concerning choosing equipment and using it effectively. This new edition includes two new chapters on qualitative movement analysis and the assessment of movement coordination, and covers every functional area in the biomechanics curriculum. This is a must-have text for all biomechanics laboratories and for any student undertaking a research project or taking a course in methods, measurement or analysis in biomechanics.

Routledge
December 2017 : 278pp
Pb: 978-0-415-63266-9 : **£46**
Hb: 978-0-415-63264-5 : **£190**
eBook: 978-0-203-09554-6

* For full contents and more information, visit: www.routledge.com/9780415632669

Fundamental Biomechanics of Sport and Exercise



James Watkins Swansea University, UK

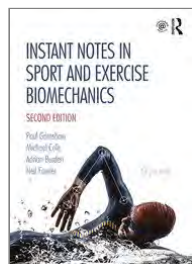
This is an engaging and comprehensive introductory textbook that explains biomechanical concepts from first principles, showing clearly how the science relates to real situations in sport and exercise. The book is divided into two parts, examining the structure and function of the human musculoskeletal system and the biomechanics of movement. Every chapter includes worksheets for field and laboratory work, definitions of key terms, review questions and detailed solutions for all numerical questions. This is an essential textbook for any biomechanics course taken as part of degree programme in sport and exercise science, kinesiology, physical therapy, sports coaching or athletic training.

Routledge
March 2014 : 664pp
Pb: 978-0-415-81508-6 : **£61.99**
Hb: 978-0-415-81507-9 : **£175**
eBook: 978-0-203-06646-1

* For full contents and more information, visit: www.routledge.com/9780415815086

2ND EDITION

Instant Notes in Sport and Exercise Biomechanics



Paul Grimshaw University of Adelaide, Australia, **Michael Cole** Australian Catholic University, Australia, **Adrian Burden** Manchester Metropolitan University, UK, **Neil Fowler** Manchester Metropolitan University, UK

This textbook encompasses rapidly developing areas, such as sports equipment design and modern optoelectronic motion analysis systems, and includes new sections that further develop the application of biomechanics in sports performance and injury prevention. It contains useful features, such as clear definitions of key terms, applied examples, guides to further reading, and revision questions with worked solutions. A new companion website includes a test bank, downloadable illustrations and suggestions for learning outcomes and/or lab-based sessions for lecturers. Engaging, direct, and now fully refreshed, this is the only biomechanics textbook you'll ever need.

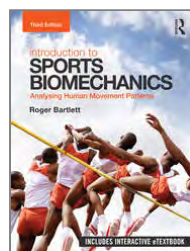
Garland Science
January 2019 : 440pp
Pb: 978-1-138-64024-5 : **£39.99**
Hb: 978-1-138-64023-8 : **£135**
eBook: 978-1-315-63676-4

* For full contents and more information, visit: www.routledge.com/9781138640245

3RD EDITION

Introduction to Sports Biomechanics

Analysing Human Movement Patterns



Roger Bartlett University of Otago, New Zealand

This fully revised and updated edition of Roger Bartlett's leading undergraduate sports biomechanics textbook book guides students through both the qualitative and quantitative analysis of human movement. For the first time it will be available as an interactive electronic textbook, a completely new kind of e-book that can be used on mobile and desktop devices offering students an unparalleled level of interactivity. Featuring video, data files, hyperlinks, self-test quizzes and more, this new electronic edition brings the subject of sports biomechanics to life like no other textbook. With downloadable resources also provided for instructors, this remains an essential course text.

Routledge
January 2014 : 360pp
Pb: 978-0-415-63242-3 : **£41**
eBook: 978-1-315-88950-4

* For full contents and more information, visit: www.routledge.com/9780415632423

2ND EDITION

Sports Biomechanics

Reducing Injury Risk and Improving Sports Performance



Roger Bartlett, Melanie Bussey

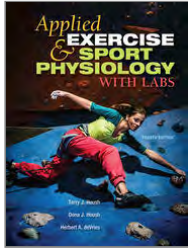
Now in a fully updated and revised edition, Sports Biomechanics introduces the fundamental principles that underpin our understanding of the biomechanics of both sports injury and performance, and explains how contemporary biomechanical science can be used to meet both of those goals simultaneously. Drawing on the very latest empirical and epidemiological data, and including clear concise summaries, self test questions and guides to further reading in every chapter, this book is essential reading for all advanced undergraduate and postgraduate students with an interest in biomechanics, sports injury, sports medicine, physical therapy or performance analysis.

Routledge
November 2011 : 360pp
Pb: 978-0-415-55838-9 : **£49.99**
Hb: 978-0-415-55837-2 : **£155**
eBook: 978-0-203-86771-6

* For full contents and more information, visit: www.routledge.com/9780415558389

4TH EDITION

Applied Exercise and Sport Physiology, With Labs



Terry J. Housh , Dona J. Housh , Herbert A. deVries

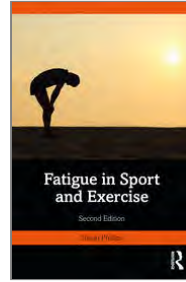
Applied Exercise & Sport Physiology, Fourth Edition, presents theory and application in an appealing, balanced, and manageable format. By providing an essential introduction to the systems of the human body and covering important aspects of exercise and sport physiology, it will be a useful resource for students as they learn to become exercise science professionals, physician's assistants, physical therapists, physical educators, or coaches.

Routledge
March 2016 : 502pp
Pb: 978-1-621-59049-1 : **£81**
Hb: 978-1-138-07844-4 : **£155**
eBook: 978-1-315-21350-7

* For full contents and more information, visit: www.routledge.com/9781621590491

2ND EDITION

Fatigue in Sport and Exercise



Shaun Phillips

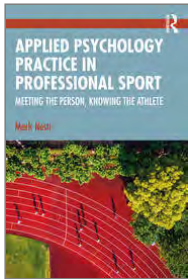
The second edition of this book presents a fully revised and updated overview of the contemporary research evidence into sport and exercise fatigue. The book examines the latest thinking into how we conceptualise fatigue, as well as how we measure it. The fundamental science of fatigue is introduced, focussing predominantly on physiological aspects of energy depletion, metabolic acidosis, environmental challenges, electrolytes and minerals, and the perception of fatigue as it relates to mental fatigue and the central regulation of sport and exercise performance

Routledge
March 2024 : 326pp
Pb: 978-1-032-35265-7 : **£43.99**
Hb: 978-1-032-35267-1 : **£145**
eBook: 978-1-003-32613-7

* For full contents and more information, visit: www.routledge.com/9781032352657

Applied Psychology Practice in Professional Sport

Meeting the Person, Knowing the Athlete



Mark Nesti Liverpool John Moores University, UK

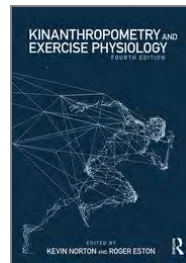
Applied Psychology Practice in Professional Sport is the first text to draw directly on psychological work delivered over many years to individual players and staff inside English Premier League Football as well as other professional sports, such as cricket, tennis, and golf. A key feature is the use of examples from the author's applied practice, to demonstrate that many psychological terms and words used in the "lived world" of high-level professional sport, can be understood with greater depth and meaning where these are informed by more holistic perspectives such as existential, phenomenological, transpersonal and humanistic psychology.

Routledge
December 2024 : 154pp
Pb: 978-1-032-66995-3 : **£32.99**
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eBook: 978-1-032-66998-4

* For full contents and more information, visit: www.routledge.com/9781032669953

4TH EDITION

Kinanthropometry and Exercise Physiology



Edited by **Kevin Norton** University of South Australia, Australia, **Roger Eston** University of South Australia, Australia

Fully updated, revised and consolidated into one single volume, this fourth edition offers the best theoretically contextualised, practical resource for instructors and students available. Incorporating substantial sections on kinanthropometry, exercise physiology, energy systems and the application of science in health and high performance settings, the book covers the basics of measurement through to advanced methods. Offering access to newly developed measurement tools, no other book offers such a complete resource, from the science to its applications in health and performance, through practical, interactive learning.

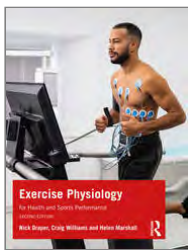
Routledge
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Pb: 978-1-138-23052-1 : **£76.99**
Hb: 978-1-138-23051-4 : **£175**
eBook: 978-1-315-38566-2

* For full contents and more information, visit: www.routledge.com/9781138230521

2ND EDITION

Exercise Physiology

for Health and Sports Performance



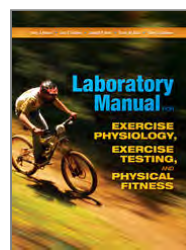
Nick Draper University of Canterbury, New Zealand, **Craig Williams , Helen Marshall** University of Canterbury, New Zealand

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

Laboratory Manual for Exercise Physiology, Exercise Testing, and Physical Fitness



Terry Housh University of Nebraska-Lincoln, USA, **Joel T. Cramer , Joseph P. Weir , Glen O. Johnson**

Laboratory Manual for Exercise Physiology, Exercise Testing, and Physical Fitness is a comprehensive text that will provide students with meaningful lab experiences—whether they have access to sophisticated laboratories and expensive equipment, or they are looking for procedures that can be done without costly materials. It will be a useful resource as they prepare for a career as an exercise science professional, athletic trainer, coach, or physical educator. Readers will find this manual a valuable tool in learning to apply physiological concepts and to perform exercise tests, as well as an essential resource for any career involving physical fitness and performance testing.

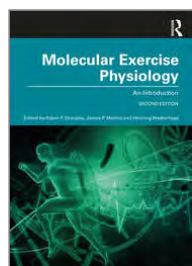
Routledge
October 2016 : 336pp
Pb: 978-1-621-59046-0 : **£65**
Hb: 978-1-138-07843-7 : **£160**
eBook: 978-1-315-21340-8

* For full contents and more information, visit: www.routledge.com/9781621590460

2ND EDITION

Molecular Exercise Physiology

An Introduction



Edited by **Adam Sharples , Henning Wackerhage , James Morton , Henning Wackerhage**

Fully revised, the second edition of Molecular Exercise Physiology offers a student-friendly introduction. It introduces a history documenting the emergence of molecular biology techniques to investigate exercise physiology, the methodology used, exercise genetics and epigenetics, and the molecular mechanisms that lead to adaptation after different types of exercise, and explicitly links to outcomes in sport performance, nutrition, physical activity, and clinical exercise.

Routledge
May 2022 : 358pp
Pb: 978-1-138-08688-3 : **£58.99**
Hb: 978-1-138-08687-6 : **£135**
eBook: 978-1-315-11075-2

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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.

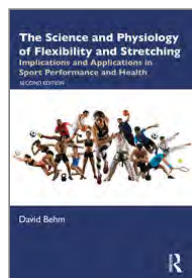
Routledge
March 2022 : 470pp
Pb: 978-0-367-49133-8 : **£49.99**
Hb: 978-0-367-49246-5 : **£135**
eBook: 978-1-003-04528-1

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

2ND EDITION

The Science and Physiology of Flexibility and Stretching

Implications and Applications in Sport Performance and Health



David Behm

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Routledge
October 2024 : 280pp
Pb: 978-1-032-70907-9 : **£35.99**
Hb: 978-1-032-72561-1 : **£135**
eBook: 978-1-032-70908-6

* For **full contents** and more information, visit: www.routledge.com/9781032709079

Exploring Sport and Fitness

Work-Based Practice



Edited by **Caroline Heaney** The Open University, UK, **Ben Oakley** The Open University, UK, **Simon Rea** The Open University, UK

Exploring Sport and Fitness is a guide to the development of essential professional and interpersonal skills in the sport, leisure and fitness sector. It features articles from both professional and academic sources, making it a comprehensive resource for students and professionals alike. Selected Contents: 1. Reflection in Work-based Practice 2. Encouraging and Maintaining Motivation 3. Communicating Effectively 4. Leading People and Teams 5. Perspectives on Learning and Instruction 6. You and Your Customers

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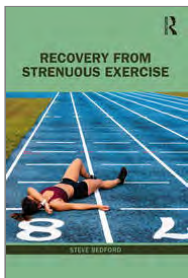
July 2009 : 354pp

Pb: 978-0-415-49156-3 : **£32.99**

Hb: 978-0-415-49155-6 : **£110**

* For full contents and more information, visit: www.routledge.com/9780415491563

Recovery from Strenuous Exercise



Steve Bedford

This book empowers the athlete, the coach and the therapist, by giving them greater confidence, improves their critical thinking, avoid poor practice, and gives them a greater understanding of what causes fatigue and how its effects can be minimised. Recovery from Strenuous Exercise covers many of the aspects required to make a highly skilled, confident, knowledgeable, personal trainer, sports therapist or strength and conditioning coach. It also acts as a recovery 'go to' guide for competitive recreational athletes who lack the knowledge and guidance on optimal recovery protocols used by their professional peers.

Routledge

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2ND EDITION

Biomechanical Evaluation of Movement in Sport and Exercise

The British Association of Sport and Exercise Sciences Guide



Edited by **Carl J. Payton** Manchester Metropolitan University, UK, **Adrian Burden** Manchester Metropolitan University, UK

Series: *BASES Sport and Exercise Science*

Now in a fully updated and revised second edition, this is still the only up-to-date guide to the use of technology in sport and exercise biomechanics. It includes detailed explanations of the theory underlying biomechanics testing and measurement, along with advice concerning choosing equipment and using it effectively. This new edition includes two new chapters on qualitative movement analysis and the assessment of movement coordination, and covers every functional area in the biomechanics curriculum. This is a must-have text for all biomechanics laboratories and for any student undertaking a research project or taking a course in methods, measurement or analysis in biomechanics.

Routledge

December 2017 : 278pp

Pb: 978-0-415-63266-9 : **£46**

Hb: 978-0-415-63264-5 : **£190**

eBook: 978-0-203-09554-6

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2ND EDITION

Sports Biomechanics

Reducing Injury Risk and Improving Sports Performance



Roger Bartlett, Melanie Bussey

Now in a fully updated and revised edition, Sports Biomechanics introduces the fundamental principles that underpin our understanding of the biomechanics of both sports injury and performance, and explains how contemporary biomechanical science can be used to meet both of those goals simultaneously. Drawing on the very latest empirical and epidemiological data, and including clear concise summaries, self test questions and guides to further reading in every chapter, this book is essential reading for all advanced undergraduate and postgraduate students with an interest in biomechanics, sports injury, sports medicine, physical therapy or performance analysis.

Routledge

November 2011 : 360pp

Pb: 978-0-415-55838-9 : **£49.99**

Hb: 978-0-415-55837-2 : **£155**

eBook: 978-0-203-86771-6

* For full contents and more information, visit: www.routledge.com/9780415558389

Clinical Exercise Science



Edited by **Andrew Scott** University of Portsmouth, UK,
Christopher Gidlow Staffordshire University, UK

Clinical Exercise Science is an introduction to core principles and best practice in exercise science for students and practitioners working with clinical populations. The book covers a wide range of conditions, including cardiovascular disease, pulmonary disease, metabolic disease and mental health problems, and includes an array of useful features to guide student learning.

Routledge

February 2016 : 336pp

Pb: 978-0-415-70841-8 : **£49.99**

Hb: 978-0-415-70840-1 : **£165**

eBook: 978-1-315-88599-5

* For full contents and more information, visit: www.routledge.com/9780415708418

5TH EDITION

Introduction to Exercise Science



Edited by **Dona J. Housh** University of Nebraska Medical Centre, USA, **Terry J. Housh** University of Nebraska-Lincoln, USA, **Glen O. Johnson** University of Nebraska-Lincoln, USA

The fifth edition of Introduction to Exercise Science introduces students to every core area of study in the discipline. Comprising concise chapters which introduce the history, key lines of inquiry relating to both health and performance, technology, certifications, professional associations and career opportunities associated with each area, no other book offers such a wide-ranging, evidence-based introduction to exercise science. It is an engaging and invaluable textbook for students beginning undergraduate degrees in Kinesiology, Sport & Exercise Science, Sports Coaching, Strength & Conditioning, Athletic Training, Sports Therapy, Sports Medicine and Health & Fitness.

Routledge

September 2017 : 322pp

Pb: 978-1-138-73901-7 : **£61.99**

Hb: 978-1-138-73724-2 : **£165**

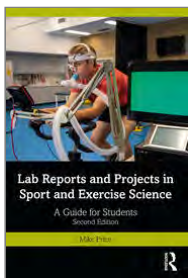
eBook: 978-1-315-17767-0

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2ND EDITION

Lab Reports and Projects in Sport and Exercise Science

A Guide for Students



Mike Price Coventry University, UK

This new revised edition sees the expansion of statistical examples including initial data checks and assumptions, increased awareness of critical appraisal tools and resources, project planning and a range of 'Challenge yourself' activities to supplement understanding and provides a comprehensive overview of what should be contained within each section of a scientific report, and clearly explains how it should be presented. Written in a friendly and engaging style, it guides the reader through abstracts, literature reviews, methodology, reporting discussions and referencing, and contains examples and advice on how to improve and refine your own writing.

Routledge

December 2021 : 254pp

Pb: 978-0-367-63181-9 : **£37.99**

Hb: 978-0-367-63182-6 : **£135**

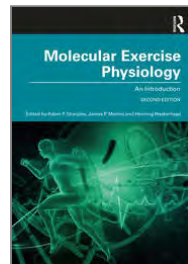
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2ND EDITION

Molecular Exercise Physiology

An Introduction



Edited by **Adam Sharples**, **Henning Wackerhage**,
James Morton, **Henning Wackerhage**

Fully revised, the second edition of Molecular Exercise Physiology offers a student-friendly introduction. It introduces a history documenting the emergence of molecular biology techniques to investigate exercise physiology, the methodology used, exercise genetics and epigenetics, and the molecular mechanisms that lead to adaptation after different types of exercise, and explicitly links to outcomes in sport performance, nutrition, physical activity, and clinical exercise.

Routledge

May 2022 : 358pp

Pb: 978-1-138-08688-3 : **£58.99**

Hb: 978-1-138-08687-6 : **£135**

eBook: 978-1-315-11075-2

* For full contents and more information, visit: www.routledge.com/9781138086883

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 : **£49.99**

Hb: 978-0-367-49239-7 : **£135**

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

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 : **£49.99**

Hb: 978-0-367-49246-5 : **£135**

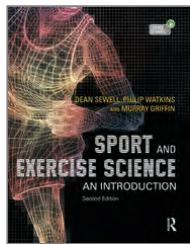
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2ND EDITION

Sport and Exercise Science

An Introduction



Dean Sewell Heriot Watt University, UK, **Philip Watkins** Sports Performance Consultancy Ltd, UK, **Murray Griffin** University of Essex, UK

Sport and Exercise Science: An Introduction provides a broad-based foundation in the major areas that underpin the scientific study of sport and exercise science, thus helping undergraduate students to develop a sound understanding of human anatomy, physiology, nutrition, metabolism, biomechanics and psychology related to sport, exercise and health. It includes a range of useful features in every chapter, including clear explanations of key concepts, colour diagrams and photographs, activities and summaries to reinforce understanding, and on-line support materials for lecturers such as question and image banks. This is the essential companion text for any student studying sport and exercise science at degree level.

Routledge

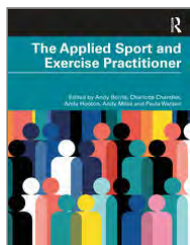
July 2012 : 384pp

Pb: 978-1-444-14417-8 : **£71.99**Hb: 978-1-138-12898-9 : **£175**

eBook: 978-0-203-77258-4

* For **full contents** and more information, visit: www.routledge.com/9781444144178

The Applied Sport and Exercise Practitioner



Edited by **Andy Borrie**, **Charlotte Chandler**, **Andy Hooton**, **Andy Miles**, **Paula Watson**

The Applied Sport and Exercise Practitioner is designed to help all developing sport and exercise practitioners navigate the world of applied work. The book explores conceptual issues surrounding applied practice such as the identity and role of the applied practitioner, professional ethics and how to be part of a multi-disciplinary team. Using a cross disciplinary approach, it brings together the challenges and experiences of sport and exercise practitioners. The book links theoretical ideas with actual practice and compares issues across disciplines and domains. Each chapter includes case studies of contemporary issues from practitioners.

Routledge

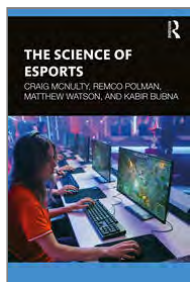
June 2023 : 226pp

Pb: 978-1-032-26817-0 : **£38.99**Hb: 978-1-032-26820-0 : **£135**

eBook: 978-1-003-29004-9

* For **full contents** and more information, visit: www.routledge.com/9781032268170

The Science of Esports



Craig McNulty, **Remco Polman**, **Matthew Watson**, **Kabir Bubna**

The Science of Esports draws from contemporary research and coach expertise to examine esports athlete health and performance from a range of disciplinary perspectives, including physiology, psychology, sociology, and nutrition. The rapid expansion of the esports industry has elevated competitive video gaming into the realm of high performance, requiring players, coaches, and practitioners to implement interdisciplinary approaches to performance support.

Routledge

November 2023 : 162pp

Pb: 978-1-032-34485-0 : **£37.99**Hb: 978-1-032-34571-0 : **£135**

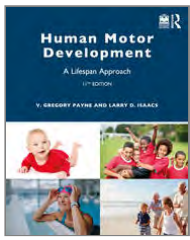
eBook: 978-1-003-32238-2

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11TH EDITION

Human Motor Development

A Lifespan Approach



V. Gregory Payne, Larry D. Isaacs

Human Motor Development: A Lifespan Approach, 11th Edition, provides an overview of the academic field of study known as human motor development, the examination of lifelong changes in human movement. The book uses a holistic approach and emphasizes the importance of intellectual, social, and physical development and their impact on human motor development at all ages. The unique approach of this book includes the relationships between motor development and critical interactions with cognitive, social, and physical changes across the lifespan.

Routledge

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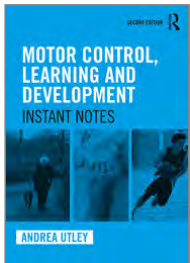
eBook: 978-1-032-69714-7

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2ND EDITION

Motor Control, Learning and Development

Instant Notes, 2nd Edition



Andrea Utley University of Leeds, UK

Series: Instant Notes

An understanding of the scientific principles underpinning the learning and execution of fundamental and skilled movements is of central importance in disciplines across the sport and exercise sciences. The second edition of Motor Control, Learning and Development: Instant Notes, under a new title, offers an accessible, clear and concise introduction to the core concepts of motor behaviour, from learning through to developing expertise. It is important foundational reading for students taking classes in motor control, learning or behaviour or skill acquisition, or a clear and concise reference for any practicing sports coach, physical education teacher.

Routledge

December 2018 : 332pp

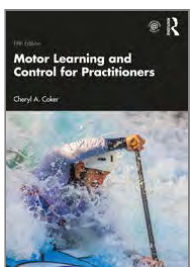
Pb: 978-1-138-10387-0 : **£37.99**Hb: 978-1-138-10386-3 : **£145**

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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

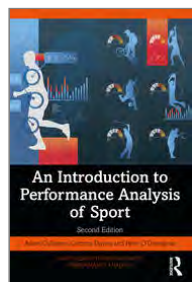
Pb: 978-0-367-48053-0 : **£64.99**Hb: 978-0-367-48402-6 : **£135**

eBook: 978-1-003-03971-6

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

2ND EDITION

An Introduction to Performance Analysis of Sport



Adam Cullinane, **Gemma Davies**, **Peter O'Donoghue**
Cardiff Metropolitan University, UK

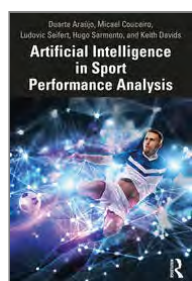
Series: Routledge Studies in Sports Performance Analysis

This revised edition is an essential introduction to the fundamental principles of performance analysis of sport and how to develop and operate performance analysis systems. Containing examples from sporting events and new content of innovations in determining what to analyse, advances in feedback technology, performance profiles, principles for delivering feedback, and telestration within video sequences, *An Introduction to Performance Analysis of Sport* reviews the types of data and information that performance analysis can generate, and explains how to test for reliability.

Routledge
March 2024 : 206pp
Pb: 978-1-032-45114-5 : **£43.99**
Hb: 978-1-032-45115-2 : **£145**
eBook: 978-1-003-37546-3

* For full contents and more information, visit: www.routledge.com/9781032451145

Artificial Intelligence in Sport Performance Analysis



Duarte Araújo Technical University of Lisbon, Portugal, **Micael Couceiro** University of Lisbon, Portugal, **Ludovic Seifert** Université de Rouen, France, **Hugo Sarmiento** Research Unit for Sport and Physical Activity (CIDAF), Faculty of Sport Sciences and Physical Education, University of Coimbra, **Keith Davids**

Artificial Intelligence in Sport Performance Analysis provides an all-encompassing perspective in an innovative approach that signals practical applications for both academics and practitioners in the fields of coaching, sports analysis, sport science as well as related subjects such as engineering, mathematics and statistics.

Routledge
April 2021 : 220pp
Pb: 978-0-367-25437-7 : **£37.99**
Hb: 978-0-367-25436-0 : **£135**
eBook: 978-1-003-16358-9

* For full contents and more information, visit: www.routledge.com/9780367254377

2ND EDITION

Data Analytics in Football

Positional Data Collection, Modelling and Analysis



Daniel Memmert German Sport University Cologne, Germany, **Dominik Raabe**

Data Analytics in Football provides students, researchers and coaches with a firm grounding in the principles of modern performance analysis. It offers an insight into the use of positional data, exploring how it can be collected, modelled, analysed and interpreted. Introducing cutting-edge methods, the book challenges long-held assumptions and encourages a new way of thinking about football analysis.

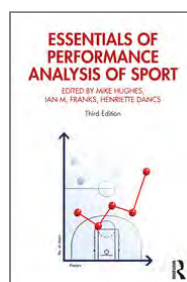
Routledge
December 2023 : 176pp
Pb: 978-1-032-53247-9 : **£41.99**
Hb: 978-1-032-53249-3 : **£145**
eBook: 978-1-003-41107-9

* For full contents and more information, visit: www.routledge.com/9781032532479

3RD EDITION

Essentials of Performance Analysis in Sport

Third edition



Edited by **Mike Hughes**, **Ian Franks**, **Mike Hughes**, **Ian M. Franks**, **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 : **£56.99**
Hb: 978-0-367-35539-5 : **£175**
eBook: 978-0-429-34013-0

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

Match Analysis

How to Use Data in Professional Sport



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Match Analysis is the first book to examine this topic through three types of data sets; video, event, and position data and show how to interpret this data and apply the findings for better team and individual sport performance.

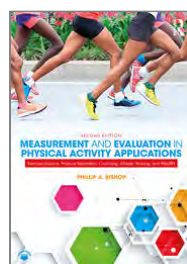
Routledge
November 2021 : 296pp
Pb: 978-0-367-75093-0 : **£36.99**
Hb: 978-0-367-75094-7 : **£135**
eBook: 978-1-003-16095-3

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2ND EDITION

Measurement and Evaluation in Physical Activity Applications

Exercise Science, Physical Education, Coaching, Athletic Training, and Health



Phillip Bishop University of Alabama, USA

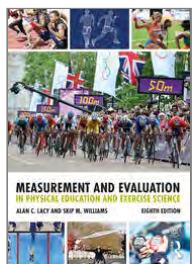
Measurement and Evaluation in Physical Activity Applications offers the most accessible, student-friendly introduction to the principles and practice of measurement in physical activity available. Fully revised and updated, the second edition provides students with a clear guide to the obstacles to good measurement, and how to apply the principles of good measurement to a range of physical activity disciplines. It is the ideal learning aid for any students studying measurement, evaluation or assessment in kinesiology, exercise science, sports coaching, physical education, athletic training, and health and fitness.

Routledge
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Pb: 978-0-815-39225-5 : **£71.99**
Hb: 978-0-815-39224-8 : **£150**
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8TH EDITION

Measurement and Evaluation in Physical Education and Exercise Science



Skip M. Williams Illinois State University, USA, **Alan C. Lacy**

This eighth edition offers a clear, practical guide to best practice for measurement and evaluation in school- and non-school-based physical activity programs. Written by academics with backgrounds in physical education teacher education (PETE), the book emphasises the link between theory and practice. It covers a range of introductory topics, before introducing topics such as, measurement for psychomotor skills, grading and self-evaluation. Offering learning aids, Excel assignments and a companion website this is an essential text for students in measurement and evaluation classes for Physical Education, Exercise Science or Kinesiology degrees, and a valuable reference f

Routledge

February 2018 : 488pp

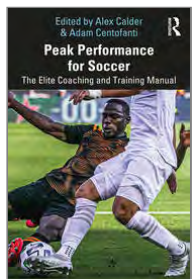
Pb: 978-1-138-23234-1 : **£91.99**Hb: 978-1-138-23233-4 : **£150**

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Peak Performance for Soccer

The Elite Coaching and Training Manual



Edited by **Alex Calder**, **Adam Centofanti**

The world's leading practitioners working in elite soccer all share advanced knowledge of the environment as well as a scientific understanding of the game and players. This book explores those traits at an intricate level through shared experiences of some of the best performance coaches working in elite soccer. The content in this book is derived from practical and evidence-based concepts that has been applied at the elite level. Uncovering the coaching strategies as well as contemporary issues in elite soccer, this comprehensive textbook illustrates what it takes to thrive as a performance coach at the top level.

Routledge

December 2022 : 354pp

Pb: 978-1-032-06031-6 : **£31.99**Hb: 978-1-032-06036-1 : **£130**

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Performance Analysis in Team Sports



Pedro Passos University of Lisbon, Portugal, **Duarte Araújo** University of Lisbon, Portugal, **Anna Volossovitch** University of Lisbon, Portugal

Series: Routledge Studies in Sports Performance Analysis

Filling an important gap in performance analysis literature, this book explores the key characteristics of team sports and presents a general framework for analysis. Drawing on cutting-edge research and data, it examines individual, paired and collective behaviours in team sports, as well as the crucial relationship between analysis and the coaching process. The second part of the book drills down into analysis techniques across a wide range of team sports, including soccer, basketball, hockey, volleyball and rugby. This is an essential companion for any course or research project on sport performance analysis or sports coaching, and an invaluable reference for all professional analysts.

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Professional Practice in Sport Performance Analysis



Andrew Butterworth

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Professional Practice in Sport Performance Analysis delivers practically centred insights into the reality of working in the industry, including the technological, theoretical and personal competencies required. This book delves into the realities of working as an analyst within the evolving and complex coaching process which practitioners need to navigate in order to successfully deliver their job role. The volume uncovers the practical realities, underpinning knowledge, challenges and constraints of working as an applied performance analyst whilst providing a practical guide for those practitioners who are currently, or seeking, to work as an applied performance analyst.

Routledge

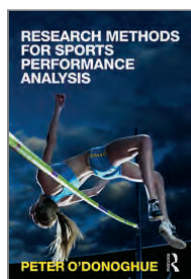
April 2023 : 210pp

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* For full contents and more information, visit: www.routledge.com/9781032128795

Research Methods for Sports Performance Analysis



Peter O'Donoghue Cardiff Metropolitan University, UK

Sports performance analysis is an important tool for any serious practitioner in sport and, as a result, performance analysis has become a key component of degree programmes in sport science and sports coaching. This book explains how to undertake a research project in performance analysis of sport, from selecting a research topic, to gathering and analysing data, to writing up results.

Routledge

December 2009 : 296pp

Pb: 978-0-415-49623-0 : **£47.99**Hb: 978-0-415-49622-3 : **£180**

eBook: 978-0-203-87830-9

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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**

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Sports Analytics

Analysis, Visualisation and Decision Making in Sports Performance



Ambikesh Jayal Cardiff Metropolitan University, UK,
Allistair McRobert Liverpool John Moores University, UK,
Giles Oatley Cardiff Metropolitan University, UK, **Peter O'Donoghue**

Series: Routledge Studies in Sports Performance Analysis

Sports Analytics provides the most authoritative and comprehensive guide to the use of analytics in sport and its application in sports performance, coaching, talent identification and sports medicine available. Employing an approach-based structure and integrating problem-based learning throughout the text, the book clearly defines the difference between analytics and analysis and explains and illustrates a number of analytical methods. It is essential reading for all students of sports analytics, and useful supplementary reading for students and professionals in talent identification and development, sports performance analysis, sports medicine and applied computer science.

Routledge
June 2018 : 272pp
Pb: 978-0-415-78943-1 : **£37.99**
Hb: 978-0-415-78942-4 : **£135**
eBook: 978-1-315-22278-3

* For full contents and more information, visit: www.routledge.com/9780415789431

Strength Training for Soccer



Bram Swinnen Move to Cure Clinic, Antwerp, Belgium

Strength and power are key elements of soccer performance. A stronger player can sprint faster, jump higher, change direction more quickly and kick the ball harder. This book introduces the science of strength training for soccer. It explains how to develop a training routine that integrates the different components of soccer performance, including strength, speed, coordination and flexibility, and outlines periodization strategies that keep players closer to their peak over an extended period. Fully referenced, and full of practical drills, exercises and plans, this is essential reading for all strength and conditioning students and any coach or trainer working in football.

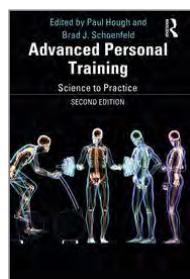
Routledge
March 2016 : 344pp
Pb: 978-1-138-95715-2 : **£55.99**
Hb: 978-1-138-95714-5 : **£160**
eBook: 978-1-315-66527-6

* For full contents and more information, visit: www.routledge.com/9781138957152

2ND EDITION

Advanced Personal Training

Science to Practice



Edited by **Paul Hough** St Marys University College, UK,
Brad Schoenfeld

This book allows readers to develop their understanding of the scientific rationale behind components of personal training, such as monitoring fitness and training programme design. Each chapter includes cutting-edge scientific research to identify optimum training methods and dispel some common myths around nutrition and exercise.

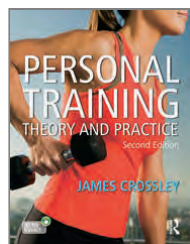
Routledge
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2ND EDITION

Personal Training

Theory and Practice



James Crossley Original Movement, UK

Personal Training: Theory and Practice, Second Edition, draws together in one unique volume the personal, practical and business skills central to becoming a successful personal trainer. This accessible book introduces you to the fundamentals of applied exercise prescription and programme design, as well as advanced concepts including nutritional intervention, postural analysis and the psychology of behaviour change. It is therefore the ideal companion for those embarking on a career in personal training as well as experienced trainers.

Routledge
June 2012 : 288pp
Pb: 978-1-444-14546-5 : **£53.99**
Hb: 978-1-138-37284-9 : **£180**
eBook: 978-0-203-76613-2

* For full contents and more information, visit: www.routledge.com/9781444145465

Strength and Conditioning for Golf

A Guide for Coaches and Players



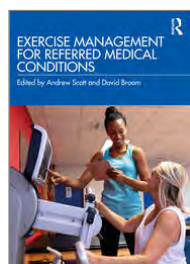
Edited by **Alex Bliss**

Strength and Conditioning for Golf provides golfers and coaches with the evidence and practical suggestions to ensure that the choices they make about their training are informed and objective. This new volume examines why strength and conditioning techniques and principles are important for modern golf, blending scientific principles with real-world, practical advice and tips.

Routledge
August 2022 : 260pp
Pb: 978-0-367-56784-2 : **£32.99**
Hb: 978-0-367-56785-9 : **£135**
eBook: 978-1-003-09932-1

* For full contents and more information, visit: www.routledge.com/9780367567842

Exercise Management for Referred Medical Conditions



Edited by **Andrew Scott** University of Portsmouth, UK,
David Broom

Exercise Management for Referred Medical Conditions is the first book to integrate exercise prescription with the development of healthy behaviours and the promotion of physical activity and wellbeing, and provides students with an evidence-based, applied guide to becoming effective exercise referral practitioners. The book draws upon the latest research and recommends best practice for creating referral pathways, providing exercise programmes and engaging clients in health lifestyles. Covering the pathology, medical management, role of exercise and recommendations for programming in each case.

Routledge
July 2022 : 500pp
Pb: 978-1-138-10400-6 : **£45.99**
Hb: 978-1-138-10399-3 : **£135**
eBook: 978-1-315-10239-9

* For full contents and more information, visit: www.routledge.com/9781138104006

Exercise Medicine for the Frailty Syndrome



Tommy Boone

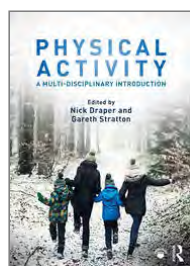
Exercise Medicine for the Frailty Syndrome speaks to the benefits of exercise medicine as the best therapy to prevent or reverse the age-related muscle loss and functional deficits that are predictive of an increase in falls, hospitalization, institutionalization, and mortality. This book is a proactive step to help increase the functional independence of older frail adults.

Routledge
September 2022 : 156pp
Pb: 978-0-367-63600-5 : **£36.99**
Hb: 978-0-367-63603-6 : **£135**
eBook: 978-1-003-11992-0

* For full contents and more information, visit: www.routledge.com/9780367636005

Physical Activity

A Multi-disciplinary Introduction



Edited by **Nick Draper** University of Canterbury, New Zealand, **Gareth Stratton** Swansea University, UK

This is the first textbook to provide a truly multi-disciplinary introduction to physical activity studies. Offering a complete foundation to the subject, it covers the basics of every core discipline from biochemistry, public health and biomechanics to physiology, sport psychology and sociology. It introduces a full range of topics across the physical activity curriculum, including behaviour change, motor skill development, nutrition, exercise prescription, public health policy, and physical education, providing a well-balanced and international perspective on each important issue. A variety of exclusive eResources to aid teaching and learning are also available via the Routledge website.

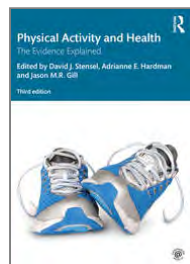
Routledge
October 2018 : 490pp
Pb: 978-1-138-69662-4 : **£43.99**
Hb: 978-1-138-69661-7 : **£135**
eBook: 978-1-315-52385-9

* For full contents and more information, visit: www.routledge.com/9781138696624

3RD EDITION

Physical Activity and Health

The Evidence Explained



Edited by **David J. Stensel** Loughborough University, UK,
Adrianne E. Hardman Loughborough University, UK,
Jason M.R. Gill University of Glasgow, UK

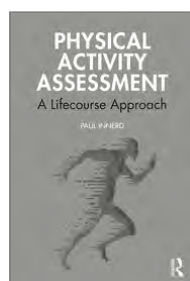
Physical Activity and Health explains clearly, systematically, and in detail, the relationship between physical activity, health and disease, and examines the role of exercise in the prevention and management of a wide range of important conditions. Containing chapter summaries, study tasks, guides to supplementary reading, a glossary of key terms and an abundance of figures and tables, Physical Activity and Health is an essential course text, and important reading for undergraduate, masters and postgraduate research students of sport and exercise science, public health, physical therapy, medicine and nursing.

Routledge
July 2021 : 566pp
Pb: 978-0-415-63296-6 : **£54.99**
Hb: 978-0-415-63295-9 : **£135**
eBook: 978-0-203-09527-0

* For full contents and more information, visit: www.routledge.com/9780415632966

Physical Activity Assessment

A Lifecourse Approach



Paul Innerd University of Sunderland, UK

Physical Activity Assessment: A Lifecourse Approach is the first book to approach the assessment of physical activity for health from a lifecourse perspective and provide students and researchers with guidance on conducting lifecourse studies. The book provides readers with a thorough grounding in physical activity assessment from a lifecourse perspective and assesses current methods of measurement. It offers guidance on the optimal measurement techniques of physical activity across the lifecourse. This is important reading for any students taking modules in physical activity measurement or physical activity and health, and any researchers conducting lifecourse physical activity studies.

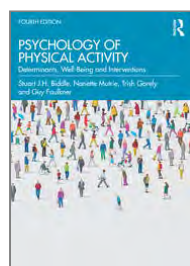
Routledge
July 2019 : 206pp
Pb: 978-1-138-05999-3 : **£37.99**
Hb: 978-1-138-05998-6 : **£135**
eBook: 978-1-315-16326-0

* For full contents and more information, visit: www.routledge.com/9781138059993

4TH EDITION

Psychology of Physical Activity

Determinants, Well-Being and Interventions



Stuart Biddle Victoria University, Australia, **Nanette Mutrie** University of Edinburgh, UK, **Trish Gorely** University of Stirling, UK, **Guy Faulkner**

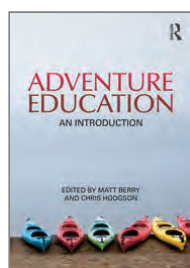
Now publishing in a fully revised, updated and expanded fourth edition, Psychology of Physical Activity is the most authoritative, engaging and up-to-date introduction to exercise psychology currently available. It is essential reading for all students working in exercise and health sciences.

Routledge
August 2021 : 502pp
Pb: 978-1-032-17203-3 : **£59.99**
Hb: 978-1-032-17198-2 : **£130**
eBook: 978-1-003-12742-0

* For full contents and more information, visit: www.routledge.com/9781032172033

Adventure Education

An Introduction



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

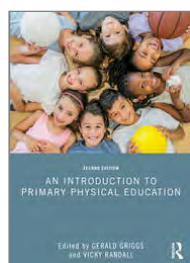
Adventure Education is a form of experiential learning typically associated with activities involving risk, from cooperative games such as raft building to high adventure activities such as rock climbing. This book provides a comprehensive and authoritative introduction to the planning, delivery and evaluation of Adventure Education, with a strong emphasis on professional practice in both implementation and teaching.

Routledge
April 2011 : 272pp
Pb: 978-0-415-57185-2 : **£49.99**
Hb: 978-0-415-57183-8 : **£165**
eBook: 978-0-203-85675-8

* For full contents and more information, visit: www.routledge.com/9780415571852

2ND EDITION

An Introduction to Primary Physical Education



Edited by **Gerald Griggs** University Campus of Football Business, UK, **Vicky Randall** University of Winchester, UK

Now in a fully revised and fully updated new edition, this comprehensive introduction to the teaching of Physical Education in primary schools is still the only textbook to cover the full sweep of the subject, from policy and curriculum developments to best practice and current debates. Rooted throughout in sound theory and the latest evidence and research, this book is essential reading for all students, trainee teachers and qualified teachers looking to understand and develop their professional practice in primary Physical Education.

Routledge
February 2022 : 334pp
Pb: 978-1-032-19126-3 : **£35.99**
Hb: 978-1-032-19124-9 : **£135**
eBook: 978-1-003-25778-3

* For full contents and more information, visit: www.routledge.com/9781032191263

2ND EDITION

Designing and Conducting Research in Health and Human Performance



Edited by **Tracey Matthews**, **Kimberly Kostelis**

Designing and Conducting Research in Health and Human Performance, 2nd edition shows students how to become effective producers and consumers of health and human performance research. This edition provides comprehensive coverage of quantitative and qualitative research methods and includes step-by-step guidance for writing effective research proposals and theses.

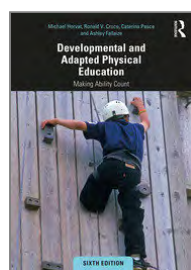
Routledge
December 2019 : 270pp
Pb: 978-1-138-32080-2 : **£71.99**
Hb: 978-1-138-32077-2 : **£135**
eBook: 978-0-429-45231-4

* For full contents and more information, visit: www.routledge.com/9781138320802

6TH EDITION

Developmental and Adapted Physical Education

Making Ability Count



Edited by **Michael Horvat**, **Ronald Croce**, **Caterina Pesce**,
Ashley Eason Fallaize BlazeSports America, Inc., USA

Now in its 6th edition, this is a complete introduction to adapted physical education. The book includes brand new material on developmental coordination disorders and cognitive development. Full of teaching and coaching strategies and techniques, it introduces scientific fundamentals, key legislation, and best practice in designing effective programs. This is an essential reference for teachers, coaches or exercise professionals working with children with disabilities and an invaluable resource for undergraduate or postgraduate students of adapted physical education, kinesiology, physical education, physical therapy, exercise science, athletic training or sports coaching.

Routledge
March 2019 : 512pp
Pb: 978-1-138-56987-4 : **£58.99**
Hb: 978-1-138-56986-7 : **£135**
eBook: 978-0-203-70403-5

* For full contents and more information, visit: www.routledge.com/9781138569874

Game Sense for Teaching and Coaching

International Perspectives



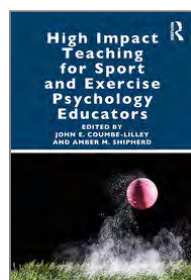
Edited by **Richard Light**, **Christina Curry**

Game Sense for Coaching and Teaching provides an understanding of how an Australian approach to coaching has grown and developed as it is taken up across the globe. It also offers insights into how any coaching or PE teaching approach changes as it is adapted to different contexts across the world.

Routledge
March 2021 : 250pp
Pb: 978-0-367-74158-7 : **£35.99**
Hb: 978-0-367-67499-1 : **£130**
eBook: 978-1-003-13155-7

* For full contents and more information, visit: www.routledge.com/9780367741587

High Impact Teaching for Sport and Exercise Psychology Educators



Edited by **John Coumbe-Lilley** University of Illinois at Chicago, USA, **Amber Shipherd**

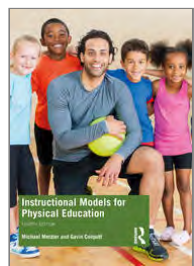
High Impact Teaching for Sport and Exercise Psychology Educators is designed to address the need for a resource on effective course design, assessment, content delivery, and classroom management that is specific to educators in the field of sport and exercise psychology and to working with the millennial learner. The purpose is to provide discipline-specific ideas to improve teaching in higher education.

Routledge
May 2020 : 296pp
Pb: 978-0-367-25841-2 : **£37.99**
Hb: 978-0-367-31313-5 : **£135**
eBook: 978-0-429-31621-0

* For full contents and more information, visit: www.routledge.com/9780367258412

4TH EDITION

Instructional Models for Physical Education



Michael Metzler Georgia State University, US, **Gavin Colquitt**

This edition has been updated to be in alignment with the SHAPE America National Standards for Physical Education. It includes new chapters on differentiated instruction and practical applications. An online resource includes videos and podcasts.

Routledge

May 2021 : 460pp

Pb: 978-0-367-53224-6 : **£61.99**

Hb: 978-0-367-53247-5 : **£135**

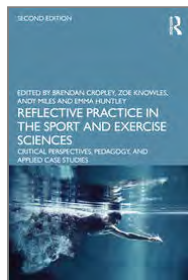
eBook: 978-1-003-08109-8

* For full contents and more information, visit: www.routledge.com/9780367532246

2ND EDITION

Reflective Practice in the Sport and Exercise Sciences

Critical Perspectives, Pedagogy, and Applied Case Studies



Edited by **Brendan Cropley** Cardiff Metropolitan University, UK, **Zoe Knowles** Liverpool John Moores University, UK, **Andy Miles**, **Emma Huntley**

This new and fully revised edition explores the contemporary conceptual landscape, critical perspectives, pedagogy, and applied considerations in reflective practice in the SES and allied disciplines. Contributions from scientists, researchers, practitioners, and academics offer innovative perspectives of reflective practice, founded on a synthesis of the contemporary empirical evidence base and applied practitioner experience.

Routledge

April 2023 : 277pp

Pb: 978-1-032-05694-4 : **£41.99**

Hb: 978-1-032-05695-1 : **£135**

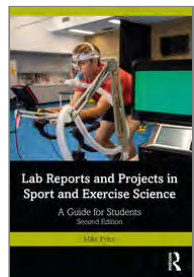
eBook: 978-1-003-19875-8

* For full contents and more information, visit: www.routledge.com/9781032056944

2ND EDITION

Lab Reports and Projects in Sport and Exercise Science

A Guide for Students



Mike Price Coventry University, UK

This new revised edition sees the expansion of statistical examples including initial data checks and assumptions, increased awareness of critical appraisal tools and resources, project planning and a range of 'Challenge yourself' activities to supplement understanding and provides a comprehensive overview of what should be contained within each section of a scientific report, and clearly explains how it should be presented. Written in a friendly and engaging style, it guides the reader through abstracts, literature reviews, methodology, reporting discussions and referencing, and contains examples and advice on how to improve and refine your own writing.

Routledge

December 2021 : 254pp

Pb: 978-0-367-63181-9 : **£37.99**

Hb: 978-0-367-63182-6 : **£135**

eBook: 978-1-003-11242-6

* For full contents and more information, visit: www.routledge.com/9780367631819

Teaching Games and Sport for Understanding



Edited by **Shane Pill**, **Ellen-Alyssa Gambles**, **Linda Griffin**

This new book brings together leading and innovative thinkers in the field of teaching and sport coaching pedagogy to provide a range of perspectives on a teaching games and sport for understanding. Teaching Games and Sport for Understanding engages undergraduate and postgraduate students in physical education and sport coaching, practicing teachers, practicing sport coaches, teacher educators, and coach developers. The contributions, taken together or individually, provide insight, learning and opportunities to foster game-based teaching and coaching ideas, and provide conceptual and methodological clarity where a sense of pedagogical confusion may exist.

Routledge

May 2023 : 230pp

Pb: 978-1-032-28729-4 : **£36.99**

Hb: 978-1-032-28735-5 : **£135**

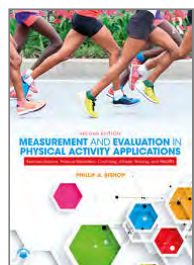
eBook: 978-1-003-29829-8

* For full contents and more information, visit: www.routledge.com/9781032287294

2ND EDITION

Measurement and Evaluation in Physical Activity Applications

Exercise Science, Physical Education, Coaching, Athletic Training, and Health



Phillip Bishop University of Alabama, USA

Measurement and Evaluation in Physical Activity Applications offers the most accessible, student-friendly introduction to the principles and practice of measurement in physical activity available. Fully revised and updated, the second edition provides students with a clear guide to the obstacles to good measurement, and how to apply the principles of good measurement to a range of physical activity disciplines. It is the ideal learning aid for any students studying measurement, evaluation or assessment in kinesiology, exercise science, sports coaching, physical education, athletic training, and health and fitness.

Routledge

August 2018 : 296pp

Pb: 978-0-815-39225-5 : **£71.99**

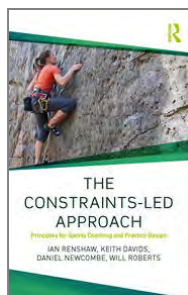
Hb: 978-0-815-39224-8 : **£150**

eBook: 978-1-351-19971-1

* For full contents and more information, visit: www.routledge.com/9780815392255

The Constraints-Led Approach

Principles for Sports Coaching and Practice Design



Ian Renshaw Queensland University of Technology, Australia, **Keith Davids** Sheffield Hallam University, UK, **Daniel Newcombe** Oxford Brookes University, UK, **Will Roberts** Oxford Brookes University, UK

Series: *Routledge Studies in Constraints-Based Methodologies in Sport*

The Constraints Led Approach: Principles for Sports Coaching and Practice Design provides students and practitioners with the theoretical knowledge to implement constraints-led approaches. The book sets an 'environment design framework', including practical tools and guidance for the application of the framework in coaching and skill acquisition settings. It includes constraints-led approaches in coaching children, golf, and hockey, with applied reading for undergraduate and postgraduate students of motor learning, skill acquisition and developing sport expertise. It is a vital pedagogical resource for students and practicing sports coaches, physical education teachers and sport scientists.

Routledge

February 2019 : 186pp

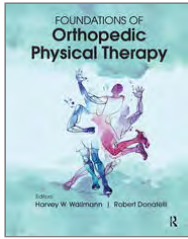
Pb: 978-1-138-10407-5 : **£39.99**

Hb: 978-1-138-10406-8 : **£135**

eBook: 978-1-315-10235-1

* For full contents and more information, visit: www.routledge.com/9781138104075

Foundations of Orthopedic Physical Therapy



Harvey Wallmann , Robert Donatelli

A tool for students, educators, and clinicians, Foundations of Orthopedic Physical Therapy contains the latest literature in orthopedic physical therapy and guides readers through all elements of orthopedic assessment and treatment. Drs. Harvey Wallmann and Robert Donatelli offer a contemporary, evidence-based approach, working to address the topics that influence clinical decisions when developing rehabilitation and exercise programs. The text is consistent with the concepts and terminology presented in the APTA Guide to Physical Therapist Practice 3.

Routledge

September 2023 : 728pp

Hb: 978-1-630-91167-6 : **£84.99**

eBook: 978-1-003-52421-2

* For full contents and more information, visit: www.routledge.com/9781630911676

3RD EDITION

Makofsky's Spinal Manual Therapy

An Introduction to Soft Tissue Mobilization, Spinal Manipulation, Therapeutic and Home Exercises



Mark Gugliotti , Howard W. Makofsky

Makofsky's Spinal Manual Therapy: An Introduction to Soft Tissue Mobilization, Spinal Manipulation, Therapeutic and Home Exercises, Third Edition, is an easy-to-follow manual of clinical techniques for the spine, pelvis, and temporomandibular joint. The text provides "tools" rather than "recipes" and immerses the reader in the process of "thinking as a manual therapist," rather than functioning as a technician. This fully revised edition continues to mirror courses on the introduction to spinal manual therapy and will be key reading for physical therapy curriculums, as well as appreciated by clinicians when entering clinical practice.

Routledge

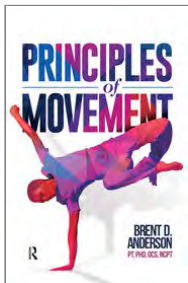
July 2024 : 348pp

Hb: 978-1-638-22012-1 : **£74.99**

eBook: 978-1-003-52653-7

* For full contents and more information, visit: www.routledge.com/9781638220121

Principles of Movement



Brent Anderson

From the founder of Polestar Pilates, Principles of Movement is a practical resource guide on movement science for movement practitioners, therapists, and anyone looking for a practical and easy approach to assess, facilitate, and enhance movement. With applications in physical therapy, occupational therapy, athletic training, kinesiology, physical education, Pilates training, yoga training, dance education, and more, Principles of Movement is designed to help the movement practitioner improve the quality of their practice by better understanding the integrated model of movement assessment and movement facilitation.

Routledge

December 2023 : 224pp

Hb: 978-1-630-91468-4 : **£54.99**

eBook: 978-1-003-52591-2

* For full contents and more information, visit: www.routledge.com/9781630914684

Applied Sport, Exercise, and Performance Psychology

Current Approaches to Helping Clients



Edited by **David Tod** Liverpool John Moores University, UK, **Martin Eubank** Liverpool John Moores University, UK

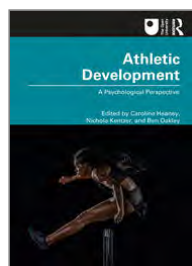
Applied Sport, Exercise, and Performance Psychology: Current Approaches to Helping Clients provides in-depth and critical coverage, from a global perspective, of the common approaches practitioners now use with clients. Chapters are supplemented with case studies showing the approaches in action. This text is a vital resource for students in BPS accredited applied sport psychology courses, sport and exercise science courses, and psychology and counselling courses. It is also an invaluable read for practicing applied sport, exercise, and performance psychologists, as well as coaches and parents with some background in psychology.

Routledge
May 2020 : 252pp
Pb: 978-1-138-58785-4 : **£37.99**
Hb: 978-1-138-58784-7 : **£135**
eBook: 978-0-429-50370-2

* For full contents and more information, visit: www.routledge.com/9781138587854

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 : **£36.99**
Hb: 978-0-367-72103-9 : **£135**
eBook: 978-1-003-15345-0

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

Applying Cognitive Behavioural Therapeutic Approaches in Sport



Edited by **Martin Turner** Staffordshire University, UK, **Marc Jones**, **Andrew Wood**

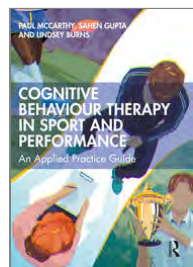
Applying Cognitive Behavioural Therapeutic Approaches in Sport is the first dedicated volume to bring together the dominant cognitive-behavioural approaches to sport psychology. The book includes state of the art evidence regarding the theory and practice of CBTs in sport, produced by academic and applied leaders in the area. Chapters include key historical and theoretical information about the CBTs, and intricate details as to how a range of CBTs are applied in the real world of sport and, in each chapter, authors will cover historical and contemporary literature, and offer a hypothetical applied case-study that details how the approach is applied in sport.

Routledge
April 2023 : 164pp
Pb: 978-0-367-75432-7 : **£38.99**
Hb: 978-0-367-75443-3 : **£135**
eBook: 978-1-003-16251-3

* For full contents and more information, visit: www.routledge.com/9780367754327

Cognitive Behaviour Therapy in Sport and Performance

An Applied Practice Guide



Paul McCarthy, Sahen Gupta, Lindsey Burns

Cognitive Behaviour Therapy in Sport and Performance builds upon a tangible foundation for the practice of CBT and related techniques in sport and performance contexts. This new book presents key points to help students and practitioners bring CBT into the sport and performance context. We focus on the 'what is' and the 'how to'. Drawing upon the latest research and a wealth of applied practice experience, this easy-to-use guide takes the reader through each step of the CBT process with case examples, plain instructions, and worksheets to maximise the quality and depth necessary for effective CBT practice.

Routledge
April 2023 : 214pp
Pb: 978-1-032-22856-3 : **£38.99**
Hb: 978-1-032-22858-7 : **£135**
eBook: 978-1-003-27451-3

* For full contents and more information, visit: www.routledge.com/9781032228563

Counselling Skills in Applied Sport Psychology

Learning How to Counsel



Paul McCarthy, Zoe Moffat

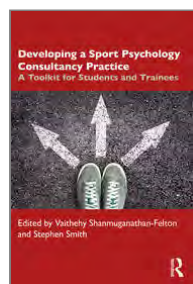
This new text provides a 'how to' in basic counselling skills for sport psychology students and practitioners. The book addresses basic counselling skills, their place in applied sport psychology, and personal development. The core of the book lies in explore counselling models and how to counsel client-athletes through beginnings, middles, and endings. It delves into personal and professional development, especially understanding therapeutic modalities, supervision, and self-care.

Routledge
November 2023 : 252pp
Pb: 978-1-032-59257-2 : **£38.99**
Hb: 978-1-032-59258-9 : **£145**
eBook: 978-1-003-45385-7

* For full contents and more information, visit: www.routledge.com/9781032592572

Developing a Sport Psychology Consultancy Practice

A Toolkit for Students and Trainees



Edited by **Vaithehy Shanmuganathan-Felton**, **Stephen Smith**

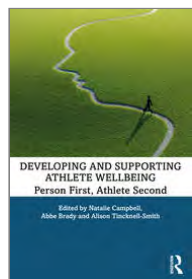
This book provides logistical and practical information about becoming and working as an applied sport psychology practitioner and the critical processes involved in setting up a consultancy practice. The book focuses on three broad areas pathways into applied sport psychology practice, setting up a sport consultancy practice, and personal and professional development.

Routledge
December 2022 : 231pp
Pb: 978-1-032-05148-2 : **£35.99**
Hb: 978-1-032-05149-9 : **£125**
eBook: 978-1-003-19628-0

* For full contents and more information, visit: www.routledge.com/9781032051482

Developing and Supporting Athlete Wellbeing

Person First, Athlete Second



Edited by **Natalie Campbell** University of Gloucestershire, UK, **Abbe Brady** St Mary's University, Twickenham, UK, **Alison Tincknell-Smith** University of Bath, UK

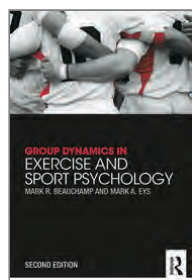
This pioneering book in elite athlete wellbeing brings together the narratives of athletes and wellbeing practitioners in high performance sport with cutting edge theorising from world leading academics to explore pertinent mental wellbeing matters that present for elite athletes both during and after their careers. The book is a must read for students and researchers working in sport coaching, sport psychology, applied sport science or sport management, as well as practitioners interested in facilitating a duty of care for high performing athletes, and working in coaching, sport science support, athlete development programs, NGB policy and administration, or welfare services.

Routledge
September 2021 : 304pp
Pb: 978-0-367-25462-9 : **£36.99**
Hb: 978-0-367-25461-2 : **£135**
eBook: 978-0-429-28792-3

* For full contents and more information, visit: www.routledge.com/9780367254629

2ND EDITION

Group Dynamics in Exercise and Sport Psychology



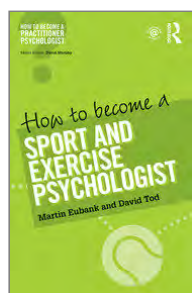
Edited by **Mark R. Beauchamp** University of British Columbia, Canada, **Mark Eys** Wilfrid Laurier University, Canada

Now in a fully revised, updated, and expanded second edition, Group Dynamics in Exercise and Sport Psychology explores the unique psychological dynamics that emerge in sport and exercise groups. It provides a clear and thorough guide to contemporary theory, research, and applied practice, covering core themes and cutting-edge topics as well as highlighting directions for future research. This new edition includes seven completely new chapters, exploring important emerging issues such as social identity, the family, co-ordination and shared knowledge within sport teams, the group as a vehicle for facilitating individual behavior change, social support and emotion regulation, peer leadership, and cultural perspectives in relation to group dynamics.

Routledge
May 2014 : 384pp
Pb: 978-0-415-83577-0 : **£76.99**
Hb: 978-0-415-83576-3 : **£185**
eBook: 978-0-203-79493-7

* For full contents and more information, visit: www.routledge.com/9780415835770

How to Become a Sport and Exercise Psychologist



Martin Eubank Liverpool John Moores University, UK,
David Tod Liverpool John Moores University, UK

Series: *How to become a Practitioner Psychologist*

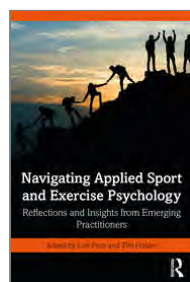
Whether you are a professional athlete suffering nerves or just someone who wants to go to the gym more often, sport and exercise is all about psychology. And, as the discipline of psychology evolves, more and more people are becoming sport or exercise psychologists. But how do you qualify, and what sort of job is it? This is the first guide to this fascinating and growing profession, providing an overview of what the job involves, the educational and training route, and the issues anyone newly qualified will face. The book features testimonials from those working in the field, alternative career paths, and tips on how to make the most of opportunities available.

Routledge
July 2017 : 100pp
Pb: 978-1-138-93818-2 : **£17.99**
Hb: 978-1-138-93817-5 : **£91.99**
eBook: 978-1-315-67581-7

* For full contents and more information, visit: www.routledge.com/9781138938182

Navigating Applied Sport and Exercise Psychology

Reflections and Insights from Emerging Practitioners



Edited by **Erin Prior**, **Tim Holder**

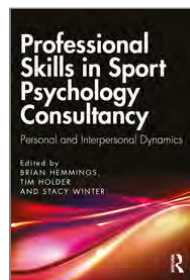
Navigating Applied Sport and Exercise Psychology provides readers with an honest and contemporary insight into the work and experiences of trainee and early career practitioners. This book delves further into the more complex and nuanced experiences of being an applied practitioner. Using case studies and reflections, the chapters explore key topics including working within multi-disciplinary teams, maintaining ethics and integral practice during challenging conversations and supporting mental health in high performance environments.

Routledge
June 2023 : 226pp
Pb: 978-1-032-20501-4 : **£38.99**
Hb: 978-1-032-20502-1 : **£135**
eBook: 978-1-003-26389-0

* For full contents and more information, visit: www.routledge.com/9781032205014

Professional Skills in Sport Psychology Consultancy

Personal and Interpersonal Dynamics



Edited by **Brian Hemmings** St Mary's University, Twickenham, UK, **Tim Holder**, **Stacy Winter**

Professional Skills in Sport Psychology Consultancy enhanced sport psychology consultancy through raising awareness of intrapersonal and interpersonal professional practice skills. The book chapters focus on the aspiring practitioner's personal and professional development when working with all kinds of recipients of psychological support in sport including individual athletes, teams, coaches, parents, and administrators.

Routledge
August 2024 : 206pp
Pb: 978-1-032-50384-4 : **£38.99**
Hb: 978-1-032-50385-1 : **£145**
eBook: 978-1-003-39827-1

* For full contents and more information, visit: www.routledge.com/9781032503844

3RD EDITION

Psychology in Sports Coaching

Theory and Practice



Adam R. Nicholls University of Hull, UK

Fully revised and updated, the third edition of Psychology in Sports Coaching clearly and accessibly introduces the principles and practice of sports psychology in the context of the coaching process. Drawing on the very latest research and theory, the book introduces the psychological tools and techniques that coaches can use to get the best performances out of their athletes. Every chapter contains useful features to aid learning and understanding, including in-depth case studies, critical thinking questions, clear and concise summaries, and practice exam questions.

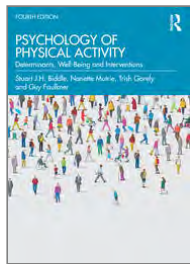
Routledge
September 2021 : 326pp
Pb: 978-1-032-06260-0 : **£41.99**
Hb: 978-1-032-06262-4 : **£140**
eBook: 978-1-003-20144-1

* For full contents and more information, visit: www.routledge.com/9781032062600

4TH EDITION

Psychology of Physical Activity

Determinants, Well-Being and Interventions



Stuart Biddle Victoria University, Australia, **Nanette Mutrie** University of Edinburgh, UK, **Trish Gorely** University of Stirling, UK, **Guy Faulkner**

Now publishing in a fully revised, updated and expanded fourth edition, *Psychology of Physical Activity* is the most authoritative, engaging and up-to-date introduction to exercise psychology currently available. It is essential reading for all students working in exercise and health sciences.

Routledge
August 2021 : 502pp
Pb: 978-1-032-17203-3 : **£59.99**
Hb: 978-1-032-17198-2 : **£130**
eBook: 978-1-003-12742-0

* For full contents and more information, visit: www.routledge.com/9781032172033

2ND EDITION

Routledge Handbook of Applied Sport Psychology

A Comprehensive Guide for Students and Practitioners



Edited by **David Tod**, **Ken Hodge**, **Vikki Krane** Bowling Green State University, US

Series: *Routledge International Handbooks*

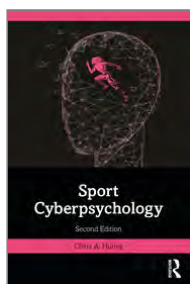
This new volume is the guide to the theory and practice of applied sport psychology. Adopting a holistic definition of the role of the sport psychology consultant, it introduces the most effective tools and skills that sport psychology practitioners need to help to their clients and explains how effective counselling, assessment, and therapeutic models add necessary dimensions to professional practice.

Routledge
July 2023 : 654pp
Hb: 978-1-032-00297-2 : **£220**
eBook: 978-1-003-17358-8

* For full contents and more information, visit: www.routledge.com/9781032002972

2ND EDITION

Sport Cyberpsychology



Olivia A. Hurley Institute of Art, Design and Technology, Ireland

The new edition is the only textbook in this field that provides a detailed overview of theories, concepts and research findings specifically related to the discipline of sport cyberpsychology. It covers topics that include performance-enhancing technologies, social media use by athletes and sport personnel (e.g., sport officials) and the role of technology in sport psychology consulting. Problematic behaviours athletes may encounter or engage in within the online world, such as their experiences with cyberbullying and online gambling respectively, are discussed.

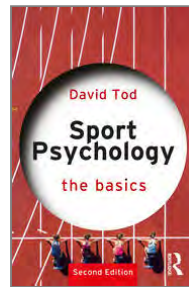
Routledge
May 2024 : 214pp
Pb: 978-1-032-43209-0 : **£38.99**
Hb: 978-1-032-43210-6 : **£145**
eBook: 978-1-003-36616-4

* For full contents and more information, visit: www.routledge.com/9781032432090

2ND EDITION

Sport Psychology

The Basics



David Tod University of the Sunshine Coast, Australia

Series: *The Basics*

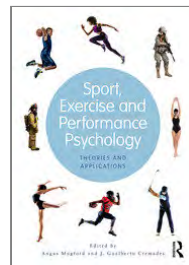
Sport Psychology: The Basics provides an accessible introduction to the fundamental ideas at the heart of Sport Psychology today. This new revised and updated second edition examines the links between sport participants' behaviours, their personality and their environment to identify the factors which 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

Sport, Exercise, and Performance Psychology

Theories and Applications



Edited by **Angus Mugford**, **Andrew Friesen** Barry University, USA

This book brings together world-class professionals to share theoretical understanding applied to sport, exercise, and performance domains. It highlights how to be more effective in developing psychological skills, context, and understanding for educators, students, and professionals. From both academic and practitioner perspectives, this book takes readers through contextual understanding and into a wide variety of important areas. Specifically, the chapters focus on the mind-body relationship and performance challenges, and on core mental skills applied across different sport, exercise, and performance examples.

Routledge
October 2018 : 434pp
Pb: 978-1-138-65553-9 : **£61.99**
Hb: 978-1-138-65552-2 : **£135**
eBook: 978-0-429-43885-1

* For full contents and more information, visit: www.routledge.com/9781138655539

The Mental Impact of Sports Injury



Edited by **Carly McKay**

Using analogies from everyday life, *The Mental Impact of Sports Injury* bridges the gap between academic research and practical settings in an easy to follow guide to the psychology of sports injury. Addressing risk, rehabilitation, and prevention, it outlines key considerations for researchers and practitioners across all levels of sport. Alongside the fundamentals of injury psychology, emerging areas of importance are also discussed, including training load monitoring and the technological advances that are shaping modern sport medicine. Examples highlight the challenges of preventing and managing injury in grassroots, elite and professional contexts.

Routledge
December 2021 : 250pp
Pb: 978-0-367-37020-6 : **£36.99**
Hb: 978-0-367-54360-0 : **£135**
eBook: 978-1-003-08893-6

* For full contents and more information, visit: www.routledge.com/9780367370206

5TH EDITION

The Psychology of Exercise

Integrating Theory and Practice



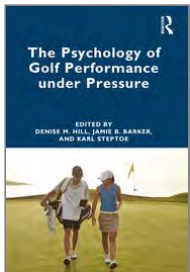
Curt L. Lox, Kathleen A. Martin Ginis, Heather L. Gainforth, Steven J. Petruzzello

Now in its fifth edition, *The Psychology of Exercise: Integrating Theory and Practice* is the ideal resource for upper-level undergraduate courses devoted to the study of exercise behavior. This edition includes a substantial revision of the theory and intervention chapters, with a focus on the most popular theories currently thriving in the field, a discussion of environmental influences on behavior, and an expanded presentation of intervention components, design, and evaluation. Separate chapters are also dedicated to popular topics such as personality, self-perceptions, stress, anxiety, depression, emotional well-being, cognitive function, and health-related quality of life.

Routledge
October 2019 : 452pp
Pb: 978-0-367-18680-7 : **£71.99**
Hb: 978-0-367-18679-1 : **£135**
eBook: 978-0-429-28748-0

* For full contents and more information, visit: www.routledge.com/9780367186807

The Psychology of Golf Performance under Pressure



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

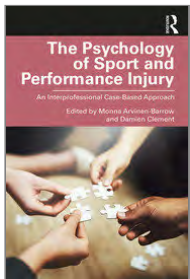
The Psychology of Golf Performance under Pressure offers contemporary, research informed information regarding the key psychological factors affecting golf development and performance under pressure. Through the authors' substantive expertise - all of whom are notable scholars and / or practitioners 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

The Psychology of Sport and Performance Injury

An Interprofessional Case-Based Approach



Edited by Monna Arvinen-Barrow University of Wisconsin, US, **Damien Clement**

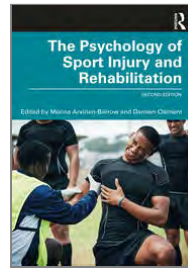
The Psychology of Sport and Performance Injury is the first book to offer students, academic scholars, and practitioners case studies that are grounded in psychological theory and empirical evidence, with a specific focus on addressing psychological aspects of sport and performance injuries in an interprofessional manner. This book presents nine "real-life inspired" fictional sport and performance injury cases and each chapter includes a theoretical, conceptual, and empirical analysis of the case. It is a vital resource for any upper-level student of the psychology of sport or performance injury.

Routledge
May 2019 : 206pp
Pb: 978-0-815-36269-2 : **£39.99**
Hb: 978-0-815-36268-5 : **£135**
eBook: 978-1-351-11159-1

* For full contents and more information, visit: www.routledge.com/9780815362692

2ND EDITION

The Psychology of Sport Injury and Rehabilitation



Edited by Monna Arvinen-Barrow University of Wisconsin, US, **Damien Clement** West Virginia University, USA

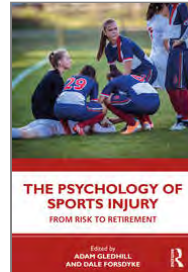
Written by internationally known experts *The Psychology of Sport Injury and Rehabilitation* draws on the latest research in sport psychology and sports medicine. This new edition emphasizes the importance of a holistic, interprofessional approach to sport injury management and care. By doing so, the book provides injured individuals, their families, and healthcare professionals a thorough overview of how psychology plays a role in sport injury prevention, rehabilitation, and return to participation process.

Routledge
January 2024 : 348pp
Pb: 978-1-032-28203-9 : **£37.99**
Hb: 978-1-032-28204-6 : **£135**
eBook: 978-1-003-29570-9

* For full contents and more information, visit: www.routledge.com/9781032282039

The Psychology of Sports Injury

From Risk to Retirement



Edited by Adam Gledhill, Dale Forsdyke

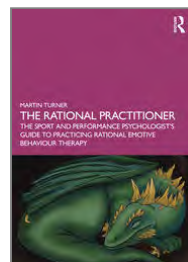
The Psychology of Sports Injury: From Risk to Retirement provides a critical overview of the psychology of sports injury, covering the 5Rs of sports injury: risk, response, rehabilitation, return to sport, and retirement. Drawing on a range of expert international perspectives from the fields of sport psychology and sport and exercise medicine, this book is an essential text for students, instructors, and practitioners in sports psychology, sport and exercise medicine, and other related fields.

Routledge
March 2021 : 238pp
Pb: 978-0-367-02869-5 : **£37.99**
Hb: 978-0-367-02866-4 : **£120**
eBook: 978-0-429-01922-7

* For full contents and more information, visit: www.routledge.com/9780367028695

The Rational Practitioner

The Sport and Performance Psychologist's Guide To Practicing Rational Emotive Behaviour Therapy



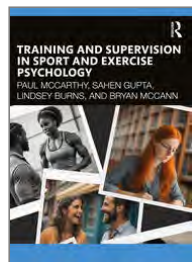
Martin Turner Staffordshire University, UK

This book develops innovative concepts that are particular to the performance milieu, whilst sticking rigorously to core theory. This volume is fundamental to applied practice and offers practitioners, scholars, and researchers of sport psychology and REBT, theoretical and detailed practical information from experienced and qualified practitioners using and researching REBT in performance settings.

Routledge
December 2022 : 306pp
Pb: 978-1-032-06040-8 : **£31.99**
Hb: 978-1-032-06044-6 : **£125**
eBook: 978-1-003-20043-7

* For full contents and more information, visit: www.routledge.com/9781032060408

Training and Supervision in Sport and Exercise Psychology



Paul McCarthy , Lindsey Burns , Bryan McCann , Sahen Gupta

Training and Supervision in Sport and Exercise Psychology presents a labyrinth of choices and challenges for trainees and supervisors. Including cases and examples of practice drawn from current and ex-trainees this book aims to educate trainees how to deal competently with professional and ethical guidelines to get started in service delivery, set up placement, work with clients, use supervision effectively, conduct academic research, and write sound assessments before preparing for a viva voce and beginning the transition to the workplace.

Routledge

April 2024 : 196pp

Pb: 978-1-032-43417-9 : **£37.99**

Hb: 978-1-032-43418-6 : **£145**

eBook: 978-1-003-36720-8

* For full contents and more information, visit: www.routledge.com/9781032434179

2ND EDITION

Designing and Conducting Research in Health and Human Performance



Tracey Matthews, Kimberly Kostelis

Designing and Conducting Research in Health and Human Performance, 2nd edition shows students how to become effective producers and consumers of health and human performance research. This edition provides comprehensive coverage of quantitative and qualitative research methods and includes step-by-step guidance for writing effective research proposals and theses.

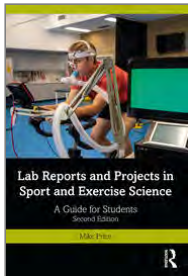
Routledge
December 2019 : 270pp
Pb: 978-1-138-32080-2 : £71.99
Hb: 978-1-138-32077-2 : £135
eBook: 978-0-429-45231-4

* For full contents and more information, visit: www.routledge.com/9781138320802

2ND EDITION

Lab Reports and Projects in Sport and Exercise Science

A Guide for Students



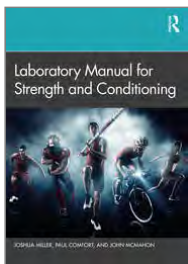
Mike Price Coventry University, UK

This new revised edition sees the expansion of statistical examples including initial data checks and assumptions, increased awareness of critical appraisal tools and resources, project planning and a range of 'Challenge yourself' activities to supplement understanding and provides a comprehensive overview of what should be contained within each section of a scientific report, and clearly explains how it should be presented. Written in a friendly and engaging style, it guides the reader through abstracts, literature reviews, methodology, reporting discussions and referencing, and contains examples and advice on how to improve and refine your own writing.

Routledge
December 2021 : 254pp
Pb: 978-0-367-63181-9 : £37.99
Hb: 978-0-367-63182-6 : £135
eBook: 978-1-003-11242-6

* For full contents and more information, visit: www.routledge.com/9780367631819

Laboratory Manual for Strength and Conditioning



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.

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

Online Research Methods in Sport Studies



Jamie Cleland University of South Australia, Kevin Dixon Teesside University, UK, Daniel Kilvington

This engaging and innovative book offers a complete introduction to online research methods in sport studies, guiding the reader through the entire research process and bringing that process to life with sport-related cases and examples. Online Research Methods in Sport Studies is essential reading for undergraduate and postgraduate students, academics and researchers with an interest in sport studies, and is a useful reference for practitioners working in sport or sport media who want to improve their professional research skills.

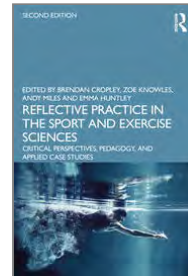
Routledge
December 2019 : 152pp
Pb: 978-0-367-40816-9 : £37.99
Hb: 978-0-367-40813-8 : £135
eBook: 978-0-367-80930-0

* For full contents and more information, visit: www.routledge.com/9780367408169

2ND EDITION

Reflective Practice in the Sport and Exercise Sciences

Critical Perspectives, Pedagogy, and Applied Case Studies



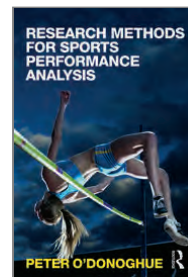
Edited by Brendan Cropley Cardiff Metropolitan University, UK, Zoe Knowles Liverpool John Moores University, UK, Andy Miles, Emma Huntley

This new and fully revised edition explores the contemporary conceptual landscape, critical perspectives, pedagogy, and applied considerations in reflective practice in the SES and allied disciplines. Contributions from scientists, researchers, practitioners, and academics offer innovative perspectives of reflective practice, founded on a synthesis of the contemporary empirical evidence base and applied practitioner experience.

Routledge
April 2023 : 277pp
Pb: 978-1-032-05694-4 : £41.99
Hb: 978-1-032-05695-1 : £135
eBook: 978-1-003-19875-8

* For full contents and more information, visit: www.routledge.com/9781032056944

Research Methods for Sports Performance Analysis



Peter O'Donoghue Cardiff Metropolitan University, UK

Sports performance analysis is an important tool for any serious practitioner in sport and, as a result, performance analysis has become a key component of degree programmes in sport science and sports coaching. This book explains how to undertake a research project in performance analysis of sport, from selecting a research topic, to gathering and analysing data, to writing up results.

Routledge
December 2009 : 296pp
Pb: 978-0-415-49623-0 : £47.99
Hb: 978-0-415-49622-3 : £180
eBook: 978-0-203-87830-9

* For full contents and more information, visit: www.routledge.com/9780415496230

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 : **£45.99**
Hb: 978-1-032-04984-7 : **£135**
eBook: 978-1-003-19546-7

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

Research Methods in Sports Coaching



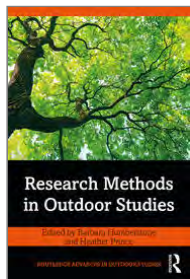
Edited by **Lee Nelson** Edge Hill University, UK, **Ryan Groom** Manchester Metropolitan University, UK, **Paul Potrac** Edge Hill University, UK

This book leads the reader through the research process, from identifying valuable research questions, to data collection and analyses, to the presentation and dissemination of research findings. It is the only book to focus on the particular challenges and techniques of sports coaching research, with each chapter including examples from the real world of sports coaching. The book explores important philosophical, theoretical and practical considerations in conducting coaching research, including contextual discussions about why we need sports coaching research, how to judge the quality of coaching research, and how sports coaching research might meet the needs of coaching practitioners.

Routledge
October 2014 : 286pp
Pb: 978-0-415-62682-8 : **£54.99**
Hb: 978-0-415-62680-4 : **£165**
eBook: 978-0-203-79754-9

* For full contents and more information, visit: www.routledge.com/9780415626828

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 : **£37.99**
Hb: 978-0-367-18870-2 : **£135**
eBook: 978-0-429-19900-4

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

Research Methods in Physical Activity and Health



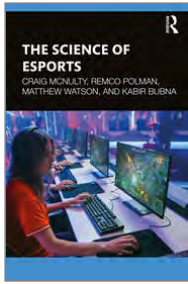
Edited by **Stephen R. Bird** RMIT University, Australia

This is the first book to present the issues associated with physical activity and health research and introduce students to the methods available. The book works through the full research process, from devising a research proposal, through selecting a research methodology and quantifying physical activity and outcome measures. It is essential reading for any undergraduate student in the fields of applied research in physical activity and health, graduate students of epidemiology, public health, exercise psychology and the related disciplines, or practicing researchers in the area.

Routledge
January 2019 : 366pp
Pb: 978-1-138-06768-4 : **£47.99**
Hb: 978-1-138-06767-7 : **£135**
eBook: 978-1-315-15850-1

* For full contents and more information, visit: www.routledge.com/9781138067684

The Science of Esports



Craig McNulty , Remco Polman , Matthew Watson , Kabir Bubna

The Science of Esports draws from contemporary research and coach expertise to examine esports athlete health and performance from a range of disciplinary perspectives, including physiology, psychology, sociology, and nutrition. The rapid expansion of the esports industry has elevated competitive video gaming into the realm of high performance, requiring players, coaches, and practitioners to implement interdisciplinary approaches to performance support.

Routledge

November 2023 : 162pp

Pb: 978-1-032-34485-0 : **£37.99**

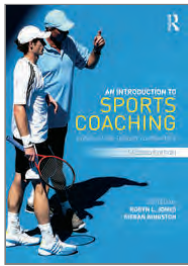
Hb: 978-1-032-34571-0 : **£135**

eBook: 978-1-003-32238-2

* For full contents and more information, visit: www.routledge.com/9781032344850

An Introduction to Sports Coaching

Connecting Theory to Practice



Edited by **Robyn L. Jones** Cardiff Metropolitan University, UK, **Kieran Kingston** Cardiff Metropolitan University, UK

Now in a fully updated and revised second edition, *An Introduction to Sports Coaching* introduces students to the complex, messy, multi-faceted nature of coaching, and explores the full range of 'knowledges' which inform all successful coaching practice. The book includes clear definitions of important themes and concepts, as well as seminar and review questions in each chapter. This text is an essential companion to any sports coaching course.

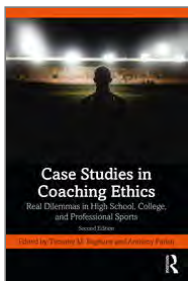
Routledge
March 2013 : 288pp
Pb: 978-0-415-69491-9 : **£49.99**
Hb: 978-0-415-69490-2 : **£155**
eBook: 978-0-203-14744-3

* For full contents and more information, visit: www.routledge.com/9780415694919

2ND EDITION

Case Studies in Coaching Ethics

Real Dilemmas in High School, College, and Professional Sports



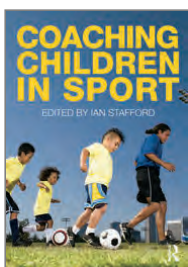
Edited by **Anthony Parish**, **Timothy Baghurst** Oklahoma State University, USA

This book presents a variety of cases based on true stories that present some of the ethical decisions coaches must make across high school, collegiate, and professional sports. Using a sequential system of less to more complicated, 40 case studies are presented across the sports spectrum that coaches have experienced. Although names and situations have been changed, these cases have happened and provide real applicability to coaches. In addition, each case contains multiple situations perhaps with no "right" answer that test a coach's value system and ability to prioritize actions. Questions are provided at the end of each case that allow for reflection.

Routledge
September 2023 : 210pp
Pb: 978-1-032-45105-3 : **£35.99**
Hb: 978-1-032-45113-8 : **£135**
eBook: 978-1-003-37544-9

* For full contents and more information, visit: www.routledge.com/9781032451053

Coaching Children in Sport



Edited by **Ian Stafford** Sports Coach, UK

Coaching Children in Sport explains why children should not simply be treated as mini-adults in sport and helps coaches to devise effective ways of working that not only achieve results but also take into account the best interests of the child. Including case studies, practical reflective activities and guides to further reading throughout, this book is an essential text for all sports coaching courses, and vital reading for any student, teacher or practitioner working with children in sport, physical education or developmental contexts.

Routledge
April 2011 : 320pp
Pb: 978-0-415-49391-8 : **£49.99**
Hb: 978-0-415-49390-1 : **£165**
eBook: 978-0-203-85068-8

* For full contents and more information, visit: www.routledge.com/9780415493918

Coaching for Sports Performance



Edited by **Timothy Baghurst** Oklahoma State University, USA

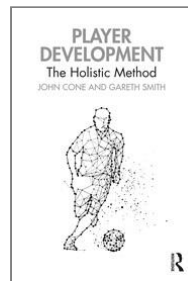
Coaching for Sports Performance provides a practical overview of the many disciplines necessary to be an effective coach. Using experts from across the sports science fields, this book teaches readers the core concepts in a practical, easy to understand style, separated into four sections.

Routledge
December 2019 : 590pp
Pb: 978-0-367-22117-1 : **£49.99**
Hb: 978-0-367-22116-4 : **£135**
eBook: 978-0-429-29936-0

* For full contents and more information, visit: www.routledge.com/9780367221171

Player Development

The Holistic Method



John Cone, **Gareth Smith**

Player Development: The Holistic Method provides the first holistic, evidence-based performance development method in sport. Focusing on the world's largest sport, soccer, this book weaves together the interconnected layers driving player performance development to define a novel training method. This book is the pathway to understanding and facilitating individual player development leading to elite performance success. This book reveals not only a holistic method, but also, a universal method breaking down perceived and real barriers to provide a method transcending domains and specializations - a unified approach.

Routledge
August 2022 : 370pp
Pb: 978-1-032-15907-2 : **£36.99**
Hb: 978-1-032-15909-6 : **£135**
eBook: 978-1-003-24626-8

* For full contents and more information, visit: www.routledge.com/9781032159072

Developing Sport Coaches



Edited by **Christine Nash**

This book is a new text that supports the holistic long-term development of sport coaches as well as help aid existing sport coaches to understand their development. Research in coach learning and coach education has raised questions about the effectiveness, relevance and value placed on traditional coach education by sport coaches in relation to their practice. The dissatisfaction expressed by many coaches, at all stages of coaching practice, has led to the inception of coach development. This text enables coach development to be studied in Higher Education Institutions as well as enabling organisations to embed coach developers within their organisations.

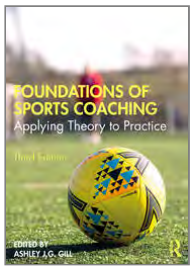
Routledge
May 2023 : 288pp
Pb: 978-1-032-16988-0 : **£38.99**
Hb: 978-1-032-16992-7 : **£140**
eBook: 978-1-003-25130-9

* For full contents and more information, visit: www.routledge.com/9781032169880

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 : **£45.99**
Hb: 978-0-367-33882-4 : **£135**
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 : **£44.99**
Hb: 978-1-032-01710-5 : **£135**
eBook: 978-1-003-17973-3

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

3RD EDITION

Psychology in Sports Coaching

Theory and Practice

Edited by **Adam R. Nicholls** University of Hull, UK

Fully revised and updated, the third edition of Psychology in Sports Coaching clearly and accessibly introduces the principles and practice of sports psychology in the context of the coaching process. Drawing on the very latest research and theory, the book introduces the psychological tools and techniques that coaches can use to get the best performances out of their athletes. Every chapter contains useful features to aid learning and understanding, including in-depth case studies, critical thinking questions, clear and concise summaries, and practice exam questions.

Routledge
September 2021 : 326pp
Pb: 978-1-032-06260-0 : **£41.99**
Hb: 978-1-032-06262-4 : **£140**
eBook: 978-1-003-20144-1

* For full contents and more information, visit: www.routledge.com/9781032062600

Sport Coach Education, Development, and Assessment

International Perspectives

Edited by **Liam McCarthy**

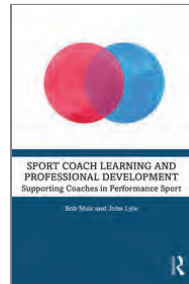
Sport Coach Education, Development, and Assessment offers a range of coach assessment ideas and practices from leaders in the coach education and development field. A combination of theory- and practice-focused chapters aims to stimulate thoughts, dialogue, and actions. This book is designed to offer support and guidance to sport coaches who are engaged in assessment, coach educators/developers who are delivering assessment activities, and programme designers/policy-architects who are creating learning opportunities for coaches.

Routledge
August 2024 : 298pp
Pb: 978-1-032-75112-2 : **£38.99**
Hb: 978-1-032-73480-4 : **£145**
eBook: 978-1-003-47243-8

* For full contents and more information, visit: www.routledge.com/9781032751122

Sport Coach Learning and Professional Development

Supporting Coaches in Performance Sport

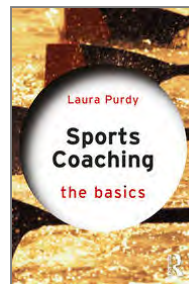
Edited by **Bob Muir, John Lyle**

Sport Coach Learning and Professional Development instead describes the genesis and theoretical foundations of an emerging workflow for supporting sport coaches learning and professional development in performance and high-performance sport. A clear exposition and critical insight into coaches' learning and professional development, and of coaching practice, provides the foundations for an Embedded, Relational and Emergent Coach Learning and Professional Development Strategy.

Routledge
August 2024 : 278pp
Pb: 978-1-032-14093-3 : **£37.99**
Hb: 978-1-032-14094-0 : **£145**
eBook: 978-1-003-23232-2

* For full contents and more information, visit: www.routledge.com/9781032140933

Sports Coaching: The Basics

Edited by **Laura Purdy** Edge Hill University, UKSeries: *The Basics*

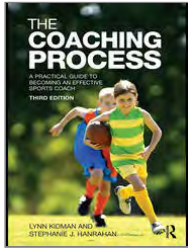
This book offers an accessible introduction to the discipline of sports coaching, providing an overview of the fundamental ideas at the core of the subject. The book is underpinned by the principle that sports coaching is a social endeavour, moving beyond 'what' coaches do, 'when' they do it and 'how', to focus on 'why' coaches operate in such ways and, more importantly, 'who' the coach is and how this influences his/her practice. Organised around the main disciplines that have informed investigations in the area – including psychology, sociology, education and philosophy – the book also explores contemporary issues faced by grassroots/youth sports coaches and elite/professional coaches.

Routledge
October 2017 : 198pp
Pb: 978-1-138-89088-6 : **£19.99**
Hb: 978-1-138-89087-9 : **£94.99**
eBook: 978-1-315-70999-4

* For full contents and more information, visit: www.routledge.com/9781138890886

The Coaching Process

A Practical Guide to Becoming an Effective Sports Coach



Lynn Kidman University of Auckland, New Zealand,
Stephanie J. Hanrahan The University of Queensland,
Australia

The Coaching Process develops an "athlete-centred approach" to sports coaching, by which athletes take ownership of their learning, in turn strengthening their abilities to retain key skills and to make effective decisions during competition. Useful pedagogical features in each chapter, such as real life case studies, activities, self-reflection questions, and summaries of current research and best practice, encourage reflective practice and help student coaches to develop and extend their coaching techniques and philosophies.

Routledge

December 2010 : 296pp

Pb: 978-0-415-57054-1 : **£58.99**

Hb: 978-0-415-57053-4 : **£155**

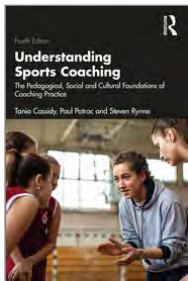
eBook: 978-0-203-85742-7

* For full contents and more information, visit: www.routledge.com/9780415570541

4TH EDITION

Understanding Sports Coaching

The Pedagogical, Social and Cultural Foundations of Coaching Practice



Tania Cassidy Otago University, New Zealand, **Paul Potrac** Edge Hill University, UK, **Steven Rynne**

Now in a fully revised and updated fourth edition, and introducing a new author team, Understanding Sports Coaching introduces theories and practices while exploring pedagogical, social, and cultural concepts underpinning good sports coaching practice. Broken into four sections, this book examines the complex interplay between coach, athlete, coaching programme and social context, and encourages coaches to develop an open and reflective approach to their own coaching practice. It covers key aspects of coaching theories and practice.

Routledge

June 2023 : 260pp

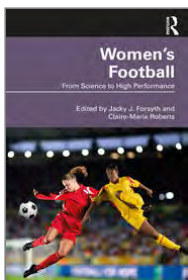
Pb: 978-1-032-02631-2 : **£49.99**

Hb: 978-1-032-02634-3 : **£135**

eBook: 978-1-003-18434-8

* For full contents and more information, visit: www.routledge.com/9781032026312

Women's Football



Edited by **Jacky 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**

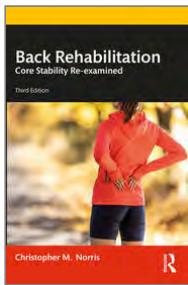
eBook: 978-1-003-38191-4

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

3RD EDITION

Back Rehabilitation

Core Stability Re-examined

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

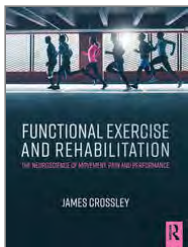
Low back pain affects most of us at some time, and exercise is key to both its prevention and treatment. Critically appraising work from several approaches to produce an integrated, practical approach suitable for day-to-day clinicians and personal trainers, this essential guide looks at the science and practice of designing and teaching the best exercise programmes for this common condition.

Routledge
July 2023 : 362pp
Pb: 978-1-032-43214-4 : **£41.99**
Hb: 978-1-032-43215-1 : **£135**
eBook: 978-1-003-36618-8

* For full contents and more information, visit: www.routledge.com/9781032432144

Functional Exercise and Rehabilitation

The Neuroscience of Movement, Pain and Performance

**James Crossley** Original Movement, UK

Functional Exercise and Rehabilitation serves as an accessible and visual guide providing the essentials of therapeutic exercise and rehabilitation, including mobilization, stabilization and myofascial release. This book begins by explaining functional training and the foundation of the STRIVE approach. Section two introduces functional anatomy and section three explains the fundamentals of neuroscience. The final sections discuss the STRIVE principles and applies them to exercise, program design, and injury recovery. Each chapter includes key point boxes, illustrations, and photos of exercises discussed.

Routledge
April 2021 : 286pp
Pb: 978-1-482-23235-6 : **£36.99**
Hb: 978-1-138-59160-8 : **£135**
eBook: 978-1-315-15684-2

* For full contents and more information, visit: www.routledge.com/9781482232356

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.

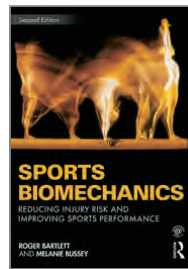
Routledge
August 2018 : 658pp
Pb: 978-1-138-10659-8 : **£58.99**
Hb: 978-1-138-10658-1 : **£155**
eBook: 978-1-315-10152-1

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

2ND EDITION

Sports Biomechanics

Reducing Injury Risk and Improving Sports Performance

**Roger Bartlett , Melanie Bussey**

Now in a fully updated and revised edition, Sports Biomechanics introduces the fundamental principles that underpin our understanding of the biomechanics of both sports injury and performance, and explains how contemporary biomechanical science can be used to meet both of those goals simultaneously. Drawing on the very latest empirical and epidemiological data, and including clear concise summaries, self test questions and guides to further reading in every chapter, this book is essential reading for all advanced undergraduate and postgraduate students with an interest in biomechanics, sports injury, sports medicine, physical therapy or performance analysis.

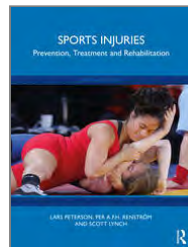
Routledge
November 2011 : 360pp
Pb: 978-0-415-55838-9 : **£49.99**
Hb: 978-0-415-55837-2 : **£155**
eBook: 978-0-203-86771-6

* For full contents and more information, visit: www.routledge.com/9780415558389

5TH EDITION

Sports Injuries

Prevention, Treatment and Rehabilitation

**Lars Peterson** Sahlgrenska Academy, Gothenburg University, Gothenburg Sweden, **Per A.F.H. Renstrom** Sports Medicine, Karolinska Institutet, Stockholm, Sweden, **Scott Lynch**

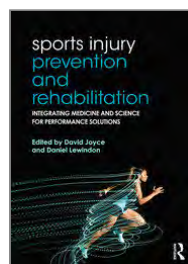
Written by two world-renowned experts, Sports Injuries, Fifth Edition comprehensively covers the prevention, treatment, and rehabilitation of sports injuries. Essential reading for all athletes, coaches/trainers, physiotherapists, and doctors, the updated edition of this highly popular and well-established textbook skillfully integrates scientific background and evidence with practical application.

Routledge
January 2024 : 700pp
Pb: 978-0-367-52204-9 : **£71.99**
Hb: 978-0-367-52203-2 : **£135**
eBook: 978-1-003-05689-8

* For full contents and more information, visit: www.routledge.com/9780367522049

Sports Injury Prevention and Rehabilitation

Integrating Medicine and Science for Performance Solutions

*Edited by* **David Joyce** Integrated Sports Performance, Australia, **Daniel Lewindon**

In this groundbreaking new book, leading sports injury and rehabilitation professionals and sport scientists show how a holistic and integrated model should work in practice across the full spectrum of athlete care, including the prevention of sports injury, assessment and treatment of injury, and the design and implementation of effective rehabilitation programmes. Every chapter includes real case studies and data, as well as effective protocols, procedures and specimen programmes designed for high performance, with examples drawn from a wide range of individual and team sports.

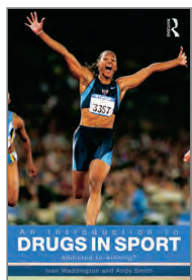
Routledge
December 2015 : 464pp
Pb: 978-0-415-81506-2 : **£61.99**
Hb: 978-0-415-81505-5 : **£175**
eBook: 978-0-203-06648-5

* For full contents and more information, visit: www.routledge.com/9780415815062

2ND EDITION

An Introduction to Drugs in Sport

Addicted to Winning?



Ivan Waddington University of Chester, UK, **Andy Smith** University of Chester, UK

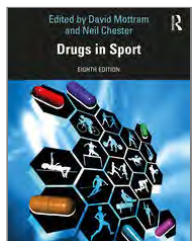
An Introduction to Drugs in Sport provides a detailed and systematic examination of the extent of drug use in sport and attempts to explain why athletes have, over the last four decades, increasingly used performance-enhancing drugs. Richly illustrated throughout with case studies and empirical data, this book is essential reading for anybody with an interest in the relationship between drugs, sport and society. Selected Contents: 1. Sport, health and public policy 2. Child abuse and sex abuse in sport 3. Conflicts in the role of club medical staff in professional football 4. Doping in sport 5. Sports medicine and the development of performance enhancing drugs 6. Case study of cycling and the 1998 Tour de France

Routledge
December 2008 : 284pp
Pb: 978-0-415-43125-5 : **£47.99**
Hb: 978-0-415-43124-8 : **£180**
eBook: 978-0-203-88598-7

* For full contents and more information, visit: www.routledge.com/9780415431255

8TH EDITION

Drugs in Sport



Edited by **David Mottram**, **Neil Chester** Liverpool John Moores University, UK

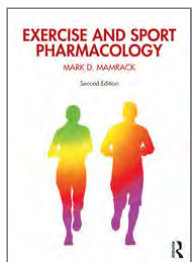
Drugs in Sport is the most comprehensive and accurate text on the emotive, complex and critical subject of performance enhancement and doping within sport. Thoroughly updated in light of the latest World Anti-Doping Code and taking into account the latest regulations, procedures and landmark cases, this 8th edition explores the science behind drug-use in sport, as well as its ethical, social, political and administrative context.

Routledge
January 2022 : 504pp
Pb: 978-0-367-56029-4 : **£53.99**
Hb: 978-0-367-56030-0 : **£135**
eBook: 978-1-003-09616-0

* For full contents and more information, visit: www.routledge.com/9780367560294

2ND EDITION

Exercise and Sport Pharmacology



Mark Mamrack

Exercise and Sport Pharmacology is an essential book for teaching about how drugs can affect exercise and how exercise can affect the action of drugs. It leads students through the related pathology, exercise physiology, and drug action of many of today's chronically used medications and discusses how drugs can affect exercise performance.

Routledge
July 2020 : 456pp
Pb: 978-1-138-61323-2 : **£64.99**
Hb: 978-1-138-61321-8 : **£135**
eBook: 978-1-003-03538-1

* For full contents and more information, visit: www.routledge.com/9781138613232

2ND EDITION

Exercise Immunology



Edited by **James Turner**, **Guillaume Spielmann**, **John Campbell**

Exercise immunology is a discipline at the nexus of exercise physiology and immunology that aims to characterize the effects of exercise on immune competency in health and disease. This new edition of Exercise Immunology provides an evidence-based introduction to the effects that individual bouts of exercise and exercise training have on the characteristics and functioning of the immune system.

Routledge
October 2024 : 392pp
Pb: 978-1-032-18916-1 : **£49.99**
Hb: 978-1-032-18921-5 : **£130**
eBook: 978-1-003-25699-1

* For full contents and more information, visit: www.routledge.com/9781032189161

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**

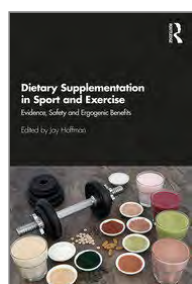
This book is a comprehensive guide to the protocols and to the key issues in physiological testing. With contributions from sport and exercise physiologists and clinicians, covering a range of physiologically based tests commonly used to assess and monitor clinical conditions, this volume is an essential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

Routledge
March 2022 : 342pp
Pb: 978-0-367-48984-7 : **£49.99**
Hb: 978-0-367-49239-7 : **£135**
eBook: 978-1-003-04526-7

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

Dietary Supplementation in Sport and Exercise

Evidence, Safety and Ergogenic Benefits



Edited by **Jay Hoffman** Institute of Exercise Physiology and Wellness, University of Central Florida, USA

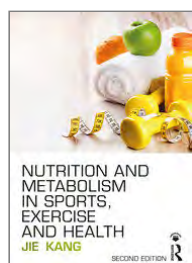
This book provides an evidence-based approach to the physiological mechanisms linked with popular supplements, and examines their ergogenic benefits in athletes. The text covers various supplements, and emerging ergogenic aids, and discusses dosage, ceiling effects and washout periods, safety and legality. It also offers an insight into the efficacy of certain dietary supplements in unique populations. This is important reading for advanced undergraduate and graduate students in exercise science, health and nutrition, strength coaches, athletic trainers, nutritionists and personal trainers, and medical professionals.

Routledge
June 2019 : 340pp
Pb: 978-1-138-61084-2 : **£37.99**
Hb: 978-1-138-61083-5 : **£150**
eBook: 978-0-429-46556-7

* For full contents and more information, visit: www.routledge.com/9781138610842

2ND EDITION

Nutrition and Metabolism in Sports, Exercise and Health



Edited by **Jie Kang** The College of New Jersey, USA

This second edition offers a comprehensive introduction to sport and exercise nutrition, integrating key nutritional facts, concepts and dietary guidelines with a thorough discussion of the fundamental biological science. Informed by the latest research, the book includes brand new sections on topics such as, cellular structure for metabolism and protein supplementation. Each chapter contains updated pedagogical features and an expanded companion website offers additional teaching and learning tools. This book is essential reading for all students of sport and exercise science, kinesiology, physical therapy, strength and conditioning, nutrition or health sciences.

Routledge
February 2018 : 520pp
Pb: 978-1-138-68758-5 : **£51.99**
Hb: 978-1-138-68757-8 : **£175**
eBook: 978-1-315-54225-6

* For full contents and more information, visit: www.routledge.com/9781138687585

Nutrition and Supplements in Cycling



Edited by **Lewis A. Gough**, **S. Andy Sparks**

Nutrition and Supplements in Cycling provides a blueprint for all the key nutritional aspects a cyclist should consider from health to macro- and micro-nutrients, and the finer details, such as sports supplements to improve competitive performance. As a result, cyclists and coaches can use this book as a handbook to help with supporting their own (or their athletes) health and performance through evidence-based nutrition.

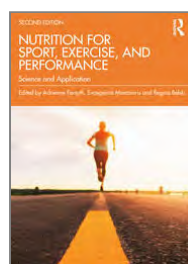
Routledge
June 2024 : 348pp
Pb: 978-1-032-45107-7 : **£37.99**
Hb: 978-1-032-45108-4 : **£145**
eBook: 978-1-003-37541-8

* For full contents and more information, visit: www.routledge.com/9781032451077

2ND EDITION

Nutrition for Sport, Exercise, and Performance

Science and Application



Edited by **Adrienne Forsyth**, **Evangeline Mantzioris**, **Regina Belski**

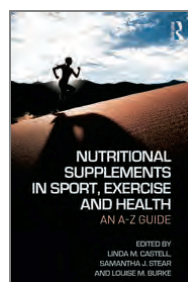
Nutrition for Sport, Exercise and Performance offers a clear, practical, and accessible guide to building a comprehensive understanding of sport and exercise nutrition from leading experts in nutrition and exercise science. This second edition delivers new insights into working with female athletes,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

Nutritional Supplements in Sport, Exercise and Health

An A-Z Guide



Edited by **Linda M. Castell** University of Oxford, UK, **Samantha J. Stear** Performance Influencers, USA, **Louise M. Burke** Australian Catholic University, Melbourne, Australia

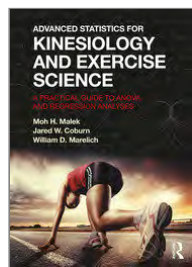
Nutritional Supplements in Sport, Exercise and Health is the most up-to-date and authoritative guide to dietary supplements, ergogenic aids and sports nutrition foods currently available. Consisting of over 140 evidence-based review articles written by world-leading research scientists and practitioners, the book dispels the misinformation that surrounds supplements and supplementation, offering a useful and unbiased resource. This book is an essential reference for any healthcare professional working in sport and exercise, any student or researcher working in sport and exercise science, sports medicine, health science or nutrition, and for all coaches working with athletes.

Routledge
April 2015 : 454pp
Pb: 978-1-138-77764-4 : **£52.99**
Hb: 978-1-138-77763-7 : **£180**
eBook: 978-1-315-77250-9

* For full contents and more information, visit: www.routledge.com/9781138777644

Advanced Statistics for Kinesiology and Exercise Science

A Practical Guide to ANOVA and Regression Analyses



Moh Malek Wayne State University, USA, **Jared Coburn** California State University, Fullerton, USA, **William Marelich**

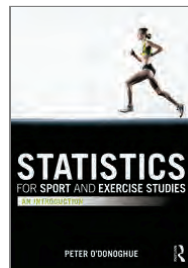
This is the first textbook to cover advanced statistical methods in the context of the study of human performance. Divided into two distinct sections, the book introduces and explores in depth both analysis of variance (ANOVA) and regressions analyses. It draws clear lines between the use of SPSS and interpreting results, and is illustrated with sport and exercise science-specific sample data throughout.

Routledge
July 2018 : 152pp
Pb: 978-0-415-37339-5 : **£61.99**
Hb: 978-0-415-37301-2 : **£135**
eBook: 978-1-315-23127-3

* For full contents and more information, visit: www.routledge.com/9780415373395

Statistics for Sport and Exercise Studies

An Introduction



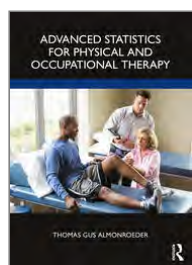
Peter O'Donoghue Cardiff Metropolitan University, UK

Statistics for Sport and Exercise Studies guides the student through the full research process, from selecting the most appropriate statistical procedure, to analysing data, to the presentation of results, illustrating every key step in the process with clear examples, case-studies and a companion website with downloadable data sets and work sheets for use in or out of the classroom. This book is a complete, user-friendly and easy-to-read introduction to the use of statistical tests, techniques and procedures in sport, exercise and related subjects.

Routledge
March 2012 : 416pp
Pb: 978-0-415-59557-5 : **£53.99**
Hb: 978-0-415-59556-8 : **£165**
eBook: 978-0-203-13350-7

* For full contents and more information, visit: www.routledge.com/9780415595575

Advanced Statistics for Physical and Occupational Therapy



Thomas Gus Almonroeder

Advanced Statistics for Physical and Occupational Therapy explains the basis for statistical analyses that are commonly used to answer clinical research questions related to physical and occupational therapy. This textbook provides a resource to understand the basis for common statistical analyses and be able to apply these techniques in research. This textbook provides readers with the basis for common statistical analyses including t-tests, analysis of variance, regression, and nonparametric tests. Each chapter includes step-by-step tutorials with corresponding example data sets explaining how to conduct these statistical analyses.

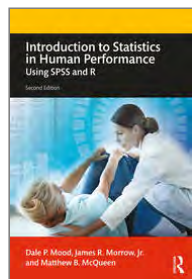
Routledge
April 2022 : 262pp
Pb: 978-1-032-01711-2 : **£35.99**
Hb: 978-1-032-01712-9 : **£135**
eBook: 978-1-003-17975-7

* For full contents and more information, visit: www.routledge.com/9781032017112

2ND EDITION

Introduction to Statistics in Human Performance

Using SPSS and R



Dale Mood University of Colorado Boulder, USA, **James Morrow, Jr.** University of North Texas, USA, **Matthew McQueen** University of Colorado Boulder, USA

Introduction to Statistics in Human Performance provides students with an accessible and informal introduction to the key concepts and procedures of statistical analysis. Now in its second edition, the book covers processes involved in using both SPSS and R, and includes examples relevant to the field, review questions, practice problems and activities throughout, and online materials including step-by-step video guides, interactive concept reviews, an image bank and PowerPoint slides. This is a vital resource for any students of sport and exercise science, kinesiology, physical therapy, athletic training, and fitness and health taking classes in statistics.

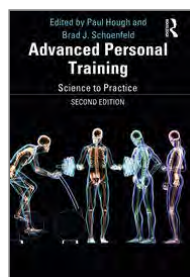
Routledge
July 2019 : 442pp
Pb: 978-0-815-38120-4 : **£56.99**
Hb: 978-0-815-38119-8 : **£135**
eBook: 978-1-351-21106-2

* For full contents and more information, visit: www.routledge.com/9780815381204

2ND EDITION

Advanced Personal Training

Science to Practice



Edited by **Paul Hough** St Marys University College, UK,
Brad Schoenfeld

This book allows readers to develop their understanding of the scientific rationale behind components of personal training, such as monitoring fitness and training programme design. Each chapter includes cutting-edge scientific research to identify optimum training methods and dispel some common myths around nutrition and exercise.

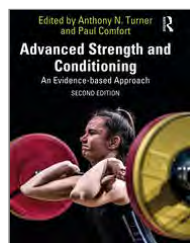
Routledge
November 2021 : 364pp
Pb: 978-0-367-90402-9 : **£43.99**
Hb: 978-1-032-06942-5 : **£135**
eBook: 978-1-003-20465-7

* For full contents and more information, visit: www.routledge.com/9780367904029

2ND EDITION

Advanced Strength and Conditioning

An Evidence-based Approach



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
February 2022 : 436pp
Pb: 978-0-367-49135-2 : **£53.99**
Hb: 978-0-367-49136-9 : **£135**
eBook: 978-1-003-04473-4

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

Effective Coaching in Strength and Conditioning

Pathways to Superior Performance



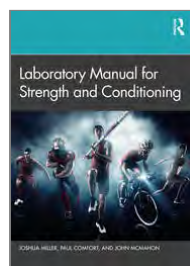
Ian Jeffreys University of South Wales, UK

This book takes a radically different approach to the challenge of coaching in strength and conditioning. In doing so, it addresses many of the paradoxes of strength and conditioning, providing new perspectives that shed light onto the many questions that challenge coaches. The book is essential reading for anyone wishing to pursue a career as a strength and conditioning coach, acting essentially as a prequel to the many scientific and applied texts in the field. It will also appeal to more experienced coaches providing a wider perspective to the challenges they face and providing potential solutions not traditionally considered.

Routledge
September 2019 : 348pp
Pb: 978-0-415-83999-0 : **£43.99**
Hb: 978-0-415-83998-3 : **£150**
eBook: 978-0-203-79499-9

* For full contents and more information, visit: www.routledge.com/9780415839990

Laboratory Manual for Strength and Conditioning



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.

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

Multidirectional Speed in Sport

Research to Application



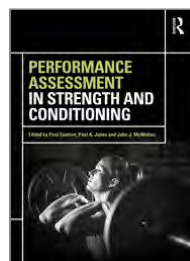
Edited by **Paul Jones**, **Thomas Dos'Santos**

This book reviews the science of multidirectional speed and translates this information into real-world application in order to provide a resource for practitioners to develop multidirectional speed with athletes, bringing together knowledge from a wealth of world-leading researchers and applied practitioners in the area of 'speed and agility' to provide a complete resource to assist practitioners in designing effective multidirectional speed development programmes.

Routledge
June 2023 : 385pp
Pb: 978-1-032-21332-3 : **£38.99**
Hb: 978-1-032-21333-0 : **£140**
eBook: 978-1-003-26788-1

* For full contents and more information, visit: www.routledge.com/9781032213323

Performance Assessment in Strength and Conditioning



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.

Routledge
October 2018 : 382pp
Pb: 978-0-415-78938-7 : **£43.99**
Hb: 978-0-415-78936-3 : **£135**
eBook: 978-1-315-22281-3

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

2ND EDITION

Strength and Conditioning

A Concise Introduction



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

Routledge
December 2019 : 338pp
Pb: 978-0-367-13449-5 : **£43.99**
Hb: 978-0-367-13447-1 : **£105**
eBook: 978-0-429-02654-6

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

Strength and Conditioning for Golf

A Guide for Coaches and Players



Edited by **Alex Bliss**

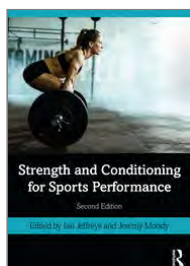
Strength and Conditioning for Golf provides golfers and coaches with the evidence and practical suggestions to ensure that the choices they make about their training are informed and objective. This new volume examines why strength and conditioning techniques and principles are important for modern golf, blending scientific principles with real-world, practical advice and tips.

Routledge
August 2022 : 260pp
Pb: 978-0-367-56784-2 : **£32.99**
Hb: 978-0-367-56785-9 : **£135**
eBook: 978-1-003-09932-1

* For full contents and more information, visit: www.routledge.com/9780367567842

2ND EDITION

Strength and Conditioning for Sports Performance



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.

Routledge
March 2021 : 740pp
Pb: 978-0-367-40463-5 : **£68.99**
Hb: 978-0-367-34823-6 : **£180**
eBook: 978-0-429-33098-8

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

2ND EDITION

Strength and Conditioning for Young Athletes

Science and Application



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

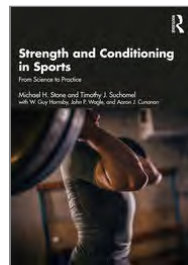
This book offers an evidence-based introduction to the theory and practice of strength and conditioning for young athletes. Fully revised and updated, this second edition offers an holistic approach to long-term athletic development and the welfare of the young athlete. Written by leading international 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 : **£45.99**
Hb: 978-0-815-36182-4 : **£145**
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**

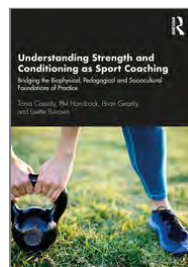
Strength and Conditioning in Sports: From Science to Practice is unique in that it covers, in a comprehensive manner, both of these areas. This textbook "connects" the mechanism with practical application. Selecting the appropriate training process is paramount to success in competitive sport. A major 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 : **£49.99**
Hb: 978-0-367-56024-9 : **£135**
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 Hancock** 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 : **£37.99**
Hb: 978-1-138-30181-8 : **£135**
eBook: 978-0-203-73224-3

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

Acquiring Skill in Sport: An Introduction



John Honeybourne Education Consultant, UK

Series: Student Sport Studies

First Published in 2006. Routledge is an imprint of Taylor & Francis, an informa company.

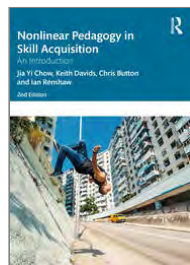
Routledge
August 2006 : 160pp
Pb: 978-0-415-34936-9 : £49
Hb: 978-0-415-34935-2 : £190
eBook: 978-0-203-00482-1

* For full contents and more information, visit: www.routledge.com/9780415349369

2ND EDITION

Nonlinear Pedagogy in Skill Acquisition

An Introduction



Jia Yi Chow National Institute of Education, Singapore, **Keith Davids** Sheffield Hallam University, UK, **Chris Button** University of Otago, New Zealand, **Ian Renshaw** Queensland University of Technology, Australia

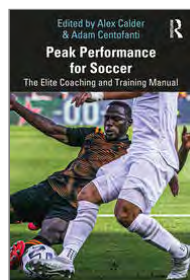
The second edition includes new materials, of practical, theoretical and empirical relevance, to enhance understanding of how to implement a Nonlinear Pedagogy to support learning in sport, PE and physical activity. There is an in-depth discussion on the various pedagogical principles that support Nonlinear Pedagogy and how these principles are applicable in learning designs in sports and physical education. There is further emphasis on examining how transfer of learning is implicated in practice, highlighting its relevance on skill adaptation and talent development.

Routledge
December 2021 : 254pp
Pb: 978-0-367-42377-3 : £39.99
Hb: 978-1-032-16194-5 : £135
eBook: 978-1-003-24745-6

* For full contents and more information, visit: www.routledge.com/9780367423773

Peak Performance for Soccer

The Elite Coaching and Training Manual



Edited by Alex Calder, Adam Centofanti

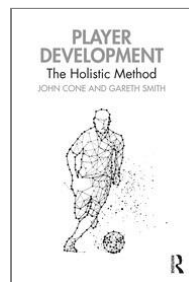
The world's leading practitioners working in elite soccer all share advanced knowledge of the environment as well as a scientific understanding of the game and players. This book explores those traits at an intricate level through shared experiences of some of the best performance coaches working in elite soccer. The content in this book is derived from practical and evidence-based concepts that has been applied at the elite level. Uncovering the coaching strategies as well as contemporary issues in elite soccer, this comprehensive textbook illustrates what it takes to thrive as a performance coach at the top level.

Routledge
December 2022 : 354pp
Pb: 978-1-032-06031-6 : £31.99
Hb: 978-1-032-06036-1 : £130
eBook: 978-1-003-20042-0

* For full contents and more information, visit: www.routledge.com/9781032060316

Player Development

The Holistic Method



John Cone, Gareth Smith

Player Development: The Holistic Method provides the first holistic, evidence-based performance development method in sport. Focusing on the world's largest sport, soccer, this book weaves together the interconnected layers driving player performance development to define a novel training method. This book is the pathway to understanding and facilitating individual player development leading to elite performance success. This book reveals not only a holistic method, but also, a universal method breaking down perceived and real barriers to provide a method transcending domains and specializations - a unified approach.

Routledge
August 2022 : 370pp
Pb: 978-1-032-15907-2 : £36.99
Hb: 978-1-032-15909-6 : £135
eBook: 978-1-003-24626-8

* For full contents and more information, visit: www.routledge.com/9781032159072

3RD EDITION

Skill Acquisition in Sport

Research, Theory and Practice



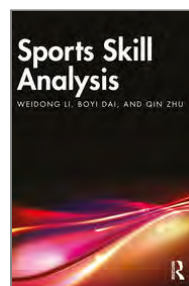
Edited by Nicola J. Hodges University of British Columbia, Canada, **A. Mark Williams** University of Utah, USA

Skill Acquisition in Sport gives students, coaches, and practitioners the broadest and most scientifically rigorous grounding in the principles and practice of the discipline. Fully revised, updated and restructured, the third edition integrates theory and practice, and provides more material on practical application than ever before. Based on the latest research, including chapters on emerging topics, and written by a global cast of world-leading experts, Skill Acquisition in Sport is an essential textbook for any kinesiology or sport science student taking skill acquisition, expertise development or motor learning classes.

Routledge
November 2019 : 388pp
Pb: 978-0-815-39284-2 : £47.99
Hb: 978-0-815-39283-5 : £180
eBook: 978-1-351-18975-0

* For full contents and more information, visit: www.routledge.com/9780815392842

Sports Skill Analysis



Weidong Li, Boyi Dai, Qin Zhu

Guided by the conceptualization of content knowledge, this book covers sports analysis skill analysis, and biomechanical principles and their applications to skill performance and analysis, which teachers or coaches need to possess for effective teaching and coaching. Practical examples for conducting sports and skill analysis, designing teaching progressions for interventions, and applying biomechanical principles are provided.

Routledge
February 2024 : 203pp
Pb: 978-1-032-36436-0 : £38.99
Hb: 978-1-032-36439-1 : £145
eBook: 978-1-003-33196-4

* For full contents and more information, visit: www.routledge.com/9781032364360

2ND EDITION

Talent Development

A Practitioner and Parents Guide



Dave Collins University of Central Lancashire, UK, **Aine MacNamara** University of Central Lancashire, UK

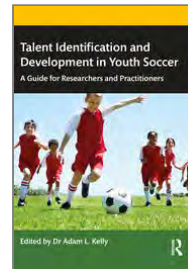
Drawing on the latest evidence and a considerable experience base, the 2nd edition of this book dispels myths about talent development and offers practical advice on the TD pathway from pre-school to elite level. Aimed at practitioners and other stakeholders involved in the TD process – including coaches, scientists, administrators, educators, students, parents, policymakers and senior development athletes – this is an up-to-date practical guide to TD in sport.

Routledge
June 2022 : 272pp
Pb: 978-0-367-56019-5 : **£32.99**
Hb: 978-0-367-56021-8 : **£135**
eBook: 978-1-003-08894-3

* For full contents and more information, visit: www.routledge.com/9780367560195

Talent Identification and Development in Youth Soccer

A Guide for Researchers and Practitioners



Edited by **Adam Kelly**

Talent Identification and Development in Youth Soccer provides an all-encompassing guide for both researchers and practitioners by gathering the existing literature to help better understand the current context of this discipline. Chapters are contributed by a team of leading international experts, examining topics such as Technical, Tactical, Physical, Psychological, Social, Activities and Trajectories, Career Transitions, Relative Age Effects, Creativity, and Genetics, with each chapter offering important considerations for researchers and practitioners.

Routledge
September 2023 : 388pp
Pb: 978-1-032-23275-1 : **£39.99**
Hb: 978-1-032-23277-5 : **£140**
eBook: 978-1-032-23279-9

* For full contents and more information, visit: www.routledge.com/9781032232751

Talent Development in Paralympic Sport



Edited by **Nima Dehghansai**, **Ross A. Pinder**
Paralympics Australia, Australia, **Joe Baker**

Written by a team of leading international experts, Talent Development in Paralympic Sport explores key factors and issues in contemporary sport, including the current state of pathways in Paralympic sport across the globe, designing optimal developmental environments, long-term modeling of Paralympic athlete development, and understanding the complexity of talent selection in Paralympic sport.

Routledge
July 2022 : 228pp
Pb: 978-1-032-02646-6 : **£35.99**
Hb: 978-1-032-02647-3 : **£135**
eBook: 978-1-003-18443-0

* For full contents and more information, visit: www.routledge.com/9781032026466

2ND EDITION

Talent Identification and Development in Sport

International Perspectives



Edited by **Joe Baker** York University, Canada, **Stephen Copley** Leeds Metropolitan University, UK, **Jörg Schorer** University of Münster, Germany

With an emphasis on practical implications for all those working in sport, the book offers an authoritative evaluation of the strengths and weaknesses of contemporary systems for identifying and developing talent in sport.

Routledge
October 2020 : 226pp
Pb: 978-0-367-50198-3 : **£42.99**
Hb: 978-0-367-46929-0 : **£130**
eBook: 978-1-003-04911-1

* For full contents and more information, visit: www.routledge.com/9780367501983

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