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Sport Coaching and PE

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2008



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Highlights



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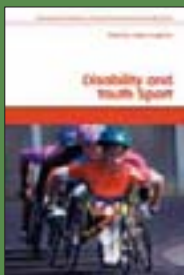
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TEXTBOOK

An Introduction to Sports Coaching

From Science and Theory to Practice

Edited by **Robyn L. Jones**, University of Wales Institute, Cardiff, UK, **Mike Hughes**, University of Wales Institute, Cardiff, UK and **Kieran Kingston**, University of Wales Institute, Cardiff, UK



An Introduction to Sports Coaching provides students with an accessible guide to the scientific, medical, educational and social science theory that underlies the practice of quality sports coaching.

Throughout the text, the theory is illustrated 'in practice' with the use of real-life coaching scenarios, designed to show how athletes can benefit when their coach has a broader theoretical appreciation of sport.

An Introduction to Sports Coaching is edited by a team of senior sports coaching academics, all of whom are also experienced sports coaches. The text contains:

- insights from practising international and club coaches
- clear definitions of important themes and key concepts relating to the sports science knowledge which underpins coaching.
- seminar and self-test questions to help confirm your understanding.

An Introduction to Sports Coaching offers an ideal support text for today's student of sports coaching.

Selected Contents: 1. Introduction 2. Psychology for Sports Coaches 3. Motor Learning for Sports Coaches 4. Physiology for Sports Coaches 5. Sports Medicine for Sports Coaches 6. Biomechanics for Sports Coaches 7. Notational Analysis (Match Analysis) for Sports Coaches 8. Sociology for Sports Coaches 9. Sports History for Sports Coaches 10. Philosophy for Sports Coaches 11. Pedagogy for Sports Coaches 12. Sport Development for Sports Coaches 13. Linking it all Together

2007: 246x174: 184pp

eBook: 978-0-203-93426-5

Hb: 978-0-415-41130-1: **£80.00**

Pb: 978-0-415-41131-8: **£24.99**

• AVAILABLE AS AN INSPECTION COPY

NEW

TEXTBOOK

2ND EDITION

Understanding Sports Coaching

The Social, Cultural and Pedagogical Foundations of Coaching Practice

Tania G. Cassidy, Otago University, New Zealand, **Robyn L. Jones**, University of Wales Institute, Cardiff, UK and **Paul Potrac**, Unitec New Zealand, Auckland



Sports coaching is as dependent on utilising good teaching and social practices as it is about expertise in sport skills and tactics.

Understanding Sports Coaching provides an innovative introduction to the theory and practice of sports coaching, highlighting the social, cultural and pedagogical concepts underpinning good practice. It also includes practical

exercises to highlight issues faced by sports coaches.

This revised edition of the leading textbook for sports coaches and student sports coaches aiming to deepen their understanding of the coaching process includes cutting edge sports pedagogy and athlete development strategies:

- athlete motivation and long term development
- viewing the athlete as a learner
- instructional methods and reflection
- working with different athletic and learning abilities
- coaching philosophy and ethics.

Includes full online student support package at www.routledge.com/textbooks.

Understanding Sports Coaching is written by leading international researchers in sports coaching and pedagogy and is essential reading for students of sports coaching and for professional coaches looking to develop their skills.

Selected Contents: Introduction **Section 1** 1. Reflection 2. Coaching Methods 3. Providing Feedback to Athletes 4. Quality in Coaching 5. Developing a Coaching Philosophy **Section 2** 6. Understanding the Learning Process 7. 'Developing' Athletes 8. Understanding Athletes' Motivation 9. Understanding Athletes' Identities **Section 3** 10. Examining Coaches' Content Knowledge 11. Assessing Athletes' Understanding 12. Coaching Athletes with a Disability: Exploring Issues of Content **Section 4** 13. The Discourses of Sports Coaching 14. Coaching Ethics 15. Coaching Holistically: Why Do It and How We Can Frame it? 16. Coaching Holistically: A Way Forward for Coach Education

August 2008: 234x156: 232pp

Hb: 978-0-415-44271-8: **£80.00**

Pb: 978-0-415-44272-5: **£29.99**

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Web
Support

Sports Coaching Concepts

A Framework for Coaches' Behaviour

John Lyle



The book draws together the existing sports coaching literature for the first time and promises to have a profound influence on the nature of our coach education programmes.

2002: 246x174: 360pp
eBook: 978-0-203-99498-6
Hb: 978-0-415-26157-9: £90.00
Pb: 978-0-415-26158-6: £29.99

• AVAILABLE AS AN INSPECTION COPY

Sports Coaching Cultures

From Practice to Theory

Kathleen M. Armour, Robyn Jones and Paul Potrac



This groundbreaking coaching studies text offers a view that focuses the coach as a person and the coaching practice as a complex social encounter.

2003: 234x156: 200pp
eBook: 978-0-203-39095-5
Hb: 978-0-415-32851-7: £90.00
Pb: 978-0-415-32852-4: £27.99

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TEXTBOOK

Developing Sport Expertise

Researchers and Coaches Put Theory into Practice

Edited by **Damian Farrow**, Australian Institute of Sport, Australia, **Joseph Baker**, York University, Canada and **Clare MacMahon**, Victoria University, Australia



Developing Sports Expertise, the first available textbook for undergraduates in sports skills development, examines the science behind sports skill acquisition and explores the application of science to optimal sports training, and talent identification. The text also contains Coaches Corner insets throughout to provide effective day-to-day advantage based on in the text.

Edited by three of the world's leading scientists in sports skills acquisition and with contributions from both world class coaches and cutting edge researchers, this textbook provides comprehensive, authoritative guide to the field.

Selected Contents: 1. Introduction: Developing Expertise in Sport - How Research Can Inform Practice

Section 1: Developing Elite Athletes: From the Backyard to the Big Stage 2. Play, Practice and Athlete Development

Coaches Corner: Eddie Jones – Head Coach Queensland Reds Rugby Union 3. Does Practice Make Perfect?: The Role of Training in Developing the Expert Athlete *Coaches Corner: Shannon Rollason – Head Coach AIS Swimming* 4. The Motivation to Become an Expert Athlete: How Coaches can Promote Long-Term Commitment *Coaches Corner: Greg McFadden – Head Coach AIS/Australian Women's Water Polo* 5. Identifying and Developing Sporting Experts *Coaches Corner: Terry Holland – Head Coach AIS Skeleton*

Section 2: Desiring Practice to Make Athletes Think - (But Not Too Much)! 6. Expert Coaches in Action *Coaches Corner: Patrick Hunt – Manager National Player & Coach Development: Basketball Australia* 7. Skill Learning the Implicit Way: Say No More! *Coaches Corner: Neil Craig – Senior Coach Adelaide Crows Football Club* 8. Performance Pressure and Paralysis by Analysis: Research and Implications *Coaches Corner: Tim Nielsen – Head Coach Australian Cricket Team* 9. Organising Practice: The Interaction of Repetition and Cognitive Effort for Skill Performance *Coaches Corner: Darren Balmforth – Asst Coach AIS Women's Rowing*

Section 3: Through the Eyes and Thoughts of an Expert 10. A Recipe for Expert Decision Making *Coaches Corner: Barry Dancer – Head Coach AIS/Australian Men's Hockey Team* 11. Tactics: Using Knowledge to Enhance Sport Performance *Coaches Corner: Norma Plummer – Head Coach Australian Netball Team* 12. The Sports Official in Research and Practice *Coaches Corner: Adrian Panozzo – National Umpiring Development Manager Australian Football League* 13. The Past and Future of Applied Sport Expertise Research

2007: 246x174: 240pp
eBook: 978-0-203-93493-7
Hb: 978-0-415-77186-3: £80.00
Pb: 978-0-415-77187-0: £24.99

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2007: 246x174: 240pp
eBook: 978-0-203-93493-7
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Pb: 978-0-415-77187-0: £24.99

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Acquiring Skill in Sport: An Introduction

John Honeybourne, Education Consultant, UK

Series: *Student Sport Studies*



This user-friendly, accessible text will enable new students to understand the basic concepts of sport skills acquisition. Each chapter covers important theoretical background and shows how this theory can be applied through practical examples from the world of sport. The book also examines the ways in which skills can be developed most effectively and addresses issues such as:

- characteristics and classifications of abilities and skills in sport
- information processing in sport
- motor programmes and motor control
- phases of learning
- presentation of skills and practices.

A valuable resource for students and teachers in physical education, sport studies and sports science courses as well as for coaches who want to develop their theoretical knowledge.

2006: 234x156: 160pp
eBook: 978-0-203-00482-1
Hb: 978-0-415-34935-2: **£85.00**
Pb: 978-0-415-34936-9: **£24.99**

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Skill Acquisition in Sport

Research, Theory and Practice

Edited by A. Mark Williams and Nicola J. Hodges



Success in sport depends on the athlete's ability to develop and fine-tune a specific set of motor skills. In this book leading authorities within the field provide a comprehensive review of current research and theory in sports skills acquisition.

2004: 234x156: 464pp
eBook: 978-0-203-64656-4
Hb: 978-0-415-27074-8: **£115.00**
Pb: 978-0-415-27075-5: **£35.00**

The Sports Coach as Educator

Re-conceptualising Sports Coaching

Edited by Robyn L. Jones, University of Wales Institute, Cardiff, UK



'Highly recommended' - *The Sport 'Coach as Educator* is testimony to Robyn Jones outstanding leadership of an international community of researchers and scholars, from largely educational backgrounds, in producing a critical tradition which will help to bridge the gap between sports science and coaching.' - *IJSSC*

Teaching athletes to improve their performance is the essence of sports coaching. In response to new government-led initiatives to invest in and develop coaching, this book is the first introduction to pedagogical theory for coaching. Bringing helpful insights from educational theory to bear on coaching practice, *The Sports Coach as Educator* expands and enriches the role of the coach and allows professionals to approach their work in new and inventive ways. Exploring the nature of coaching, this text covers:

- educational concepts in coaching
- coaching, teaching and leadership
- athletes' learning
- coaching communities and the social process
- reflective practice
- mentoring
- developing expert coaches.

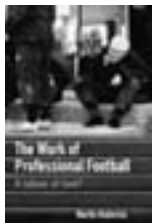
2006: 234x156: 208pp
eBook: 978-0-203-02007-4
Hb: 978-0-415-36759-2: **£85.00**
Pb: 978-0-415-36760-8: **£24.99**

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The Work of Professional Football

A Labour of Love?

Martin Roderick, University of Durham, UK



A long-term study providing rare insights into the precarious career and ordinary working culture of professional footballers. Away from the celebrity-obsessed media gaze, the work of a professional footballer is rarely glamorous and for most players a career in football is insecure and short-lived.

A former professional, Martin Roderick's familiarity with the world of football is

the foundation for this privileged research into a world that is typically closed to the public gaze and ignored by media reportage and academic research which prefers to focus on a small, unrepresentative group of elite players. Key themes explored within the text include:

- the culture of work in professional football
- the changing identity, orientation and expectations of players during their careers
- the fragile and uncertain nature of professional sport careers
- the performance and dramatic aspects of a career under public scrutiny
- the role of relationships with managers, owners, support staff and partners
- players' responses to the insecurities inherent in professional football such as injury, ageing, performance and transfer.

The text deals with a wide range of issues of interest to sports students and academics, particularly those with a focus on the sociology of sport but also including sport development, sport management and coaching studies. The text will also be of interest to researchers in the fields of careers, industrial relations and the sociology of work.

2006: 234x156: 208pp
eBook: 978-0-203-01495-0
Hb: 978-0-415-36372-3: **£85.00**
Pb: 978-0-415-36373-0: **£23.99**

Spoilsports

Understanding and Preventing Sexual Exploitation in Sport

Celia Brackenridge

Series: Ethics and Sport

Spoilsports offers the first systematic review of the problem of sexual exploitation and abuse within sport. This is an invaluable resource for both academics and policy makers seeking to understand and deal with issues of sexual exploitation in sport

2001: 234x156: 304pp
eBook: 978-0-203-47893-6
Hb: 978-0-419-25770-7: **£90.00**
Pb: 978-0-419-25780-6: **£29.99**

NEW

2ND EDITION

An Introduction to Drugs in Sport

Addicted to Winning?

Andrew Smith, Chester University, UK and
Ivan Waddington, University of Chester, UK

Sport may teach people how to win gracefully; but it may also teach them how to win at any cost, even if this involves violence or cheating.

In order to understand the complex relationships between modern sport and other aspects of society, it is necessary to strip away our preconceptions of how sport ought to operate and to examine, in as detached a manner as possible, the way in which sport actually operates.

For the first time, a sociological perspective is brought to bear on a topic which has received much previous attention, largely from a medical or physiological perspective. Particular issues examined include:

- sport, health and public policy
- child abuse and sex abuse in sport
- conflicts in the role of club medical staff in professional football
- doping in sport
- sports medicine and the development of performance enhancing drugs
- case study of cycling and the 1998 Tour de France.

An Introduction to Drugs in Sport is a valuable and unique addition to the existing literature. Interview transcripts, case studies and press cuttings are used to ground theory in reality. Students and lecturers alike will find this an immensely readable and challenging resource.

Selected Contents: 1. Drugs in Sport and Sport as a Drug 2. Doping in Sport: Problems of Involvement and Detachment 3. Changing Patterns of Drug use in Sport 4. The Emergence of Doping as a Problem in Modern Sport 5. Drugs in Sport: Towards a Sociological Understanding 6. The Other Side of Sports Medicine: Sports Medicine and the Development and use of Performance Enhancing Drugs 7. Drug use in Sport: A Case Study of Cycling 8. Drug Use in Sport: A Case Study of Professional Football 9. Doping Control in Sport: A Critical Analysis 10. The World-Anti Doping Agency 11. Conclusion

August 2008: 234x156: 224pp
Pb: 978-0-415-43125-5: **£24.99**

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TEXTBOOK

The Essentials of Performance Analysis

An Introduction

Mike Hughes, University of Wales Institute, Cardiff, UK and **Ian Franks**, University of British Columbia, Canada



What is performance analysis and how does its use benefit sports performance?

How can you use performance analysis in your sport?

The Essentials of Performance Analysis answers your questions, providing a complete guide to the foundational elements of match and performance analysis for new students and beginners.

As well as a basic introduction to the sport science and theory that underlies performance analysis, the book contains many practical examples to show performance analysis in its applied context. It includes discussion of:

- approaches to analysing sport performance
- the use of feedback technologies
- the use of video and biomechanical analysis
- interpreting data
- coaching with notational analysis.

The Essentials of Performance Analysis is a straightforward, concise and authoritative guide for students of sport science and sports coaching, as well as for coaches and athletes looking to develop their insight into sports performance analysis.

Selected Contents: Introduction 1. The Need for Feedback 2. What is Performance Analysis? 3. The Provision of Information 4. Video-Feedback and Information Technologies 5. An Overview of the Development of Notation Analysis 6. Sports Analysis 7. How do we Design Simple Systems? - How to Develop a Notation System 8. Examples of Notation Systems 9. Analysis of Notation Data: Reliability 10. Qualitative Biomechanical Analysis of Technique 11. Time-Motion Analysis 12. Probability Analysis of Notated Events in Sport Contexts: Skill and Chance 13. Rule Changes in Sport and the Role of Notation 14. Performance Analysis in the Media 15. Notational Analysis of Coaching Behaviour

2007: 234x156: 344pp

eBook: 978-0-203-93806-5

Hb: 978-0-415-42379-3: £75.00

Pb: 978-0-415-42380-9: £24.99

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NEW

Performance Assessment for Field Sports

Physiological, Psychological and Match Notational Assessment in Practice

Christopher James Carling, Institut National du Sport et de l'Education, France, **A. Mark Williams**, Liverpool John Moores University, UK and **Thomas Reilly**, Liverpool John Moores University, UK



Field sports players should be competent across a range of specific parameters, all of which can now be accurately assessed by the sports coach and sport scientist.

Performance Assessment for Field Sports, the first guide designed specifically for assessing athletes in field sports, describes and carefully explains the relevant criteria – from the athlete's basic physiology, strength and fitness to their

decision making abilities, co-ordination and fine motor skills, to their individual sport skills, strengths and weakness in the team context.

Bridging the gap between sport science expertise and field sports in practice, this text written by authors highly regarded in their fields, represents cutting edge applied sports science and shows how to use concrete information to help improve athlete and team performance. It covers:

- explanations of the latest feedback, tracking and video technologies
- evaluations of the usefulness of different types of assessment from a coaching perspective
- how an athlete's potential, as well as their performance, can be measured
- techniques for use both in the laboratory and on the field.

Selected Contents: Foreword by the Authors. 1. An Introduction to Technological Performance-Based Assessment 2. The Analysis of Technique 3. Match Analysis and Sports Notation 4. The Measurement of Anticipation and Decision Making Skills: Capturing Expert Performance 5. Measuring Anaerobic Performance, Speed and Agility 6. Aerobic Performance 7. The Meaning and Measurement of Body Composition 8. Emerging Technologies and Technologies of the Future

July 2008: 234x156: 224pp

Hb: 978-0-415-42684-8: £75.00

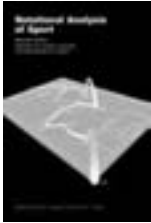
Pb: 978-0-415-42685-5: £22.99

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2ND EDITION**Notational Analysis of Sport**

Systems for Better Coaching and Performance in Sport

Edited by **Mike Hughes** and **Ian Franks**



This second edition is updated with information about the new technology and a review of the very latest research in notational analysis.

2004: 234x156: 320pp
Hb: 978-0-415-29004-3: **£100.00**
Pb: 978-0-415-29005-0: **£32.99**

Handbook of Soccer Match Analysis

A Systematic Approach to Improving Performance

Christopher Carling, A. Mark Williams and **Thomas Reilly**



'... the book will serve as a first-rate teaching tool and reference for coaches, athletes and professionals in the human performance sciences.'
- *Journal of Sports Science and Medicine*

This ground-breaking handbook takes an in-depth look at soccer match analysis, highlighting the latest in match analysis research and the innovative technologies now used by professional soccer clubs around the world.

2005: 246x174: 184pp
eBook: 978-0-203-44862-5
Hb: 978-0-415-33908-7: **£85.00**
Pb: 978-0-415-33909-4: **£24.99**

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www.tandf.co.uk/eupdates

NEW**Routledge Handbook of Biomechanics and Human Movement Science**

Edited by **Youlian Hong**, Chinese University of Hong Kong and **Roger Bartlett**, University of Otago, New Zealand

The Routledge Handbook of Biomechanics and Human Movement Science is a landmark work of reference. It offers a comprehensive and in-depth survey of current theory, research and practice in sports, exercise and clinical biomechanics, in both established and emerging contexts.

Including contributions from many of the world's leading biomechanists, the book is arranged into eight thematic sections:

- modelling and computational simulation
- neuromuscular system and motor control
- methodology and systems of measurement
- engineering, technology and equipment design
- biomechanics in Sports
- injury, orthopaedics and rehabilitation
- health and motor performance
- training, learning and coaching.

Drawing explicit connections between the theoretical, investigative and applied components of sports science research, this book is both a definitive subject guide and an important contribution to the contemporary research agenda in biomechanics and human movement science. It is essential reading for all students, scholars and researchers working in sports biomechanics, kinesiology, ergonomics, sports engineering, orthopaedics and physical therapy.

May 2008: 246x174: 592pp
eBook: 978-0-203-09024-4
Hb: 978-0-415-40881-3: **£125.00**

NEW

TEXTBOOK

Functional Anatomy for Sport and Exercise

Quick Reference

Clare Milner, University of Tennessee, USA

Functional Anatomy for Sport and Exercise is a quick reference guide to human musculoskeletal anatomy in its moving, active context.

An accessible format makes it easy for students to locate clear, concise explanations and descriptions of anatomical structures, human movement terms and key concepts. Covering all major anatomical areas, the book includes:

- an A-to-Z guide to anatomical terms and concepts.
- clear and detailed anatomical illustrations.
- cross-referenced entries throughout.
- Highlighted key terms.
- 'hot topics' discussed in more detail.
- full references and a list of suggested further reading.

Functional Anatomy for Sport and Exercise is a must-have supplement for undergraduates in applied anatomy, functional anatomy, kinesiology, physical education, strength and conditioning, biomechanics and related areas.

June 2008: 246x174: 200pp

eBook: 978-0-203-09072-5

Hb: 978-0-415-43296-2: £70.00

Pb: 978-0-415-43297-9: £19.99

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TEXTBOOK

Biomechanical Evaluation of Movement in Sport and Exercise

The British Association of Sport and Exercise Sciences Guide

Edited by **Carl Payton**, Manchester Metropolitan University, UK and **Roger Bartlett**, University of Otago, New Zealand

Series: *BASES Sport and Exercise Science*



This book, published in association with BASES (the British Association of Sport and Exercise Sciences), is the only up-to-date, practical guide to using the range of biomechanics movement analysis machines, equipment and software available today.

It includes detailed explanations of the key theory underlying biomechanics testing, along with advice concerning choice of equipment and how to use your laboratory equipment most effectively.

Written by leaders of the field, Bartlett and Payton, detailed study is given to:

- motion analysis using video and on-line systems
- measurement of force and pressure in the laboratory and field
- measurement of power using isokinetic dynamometry
- electromyography
- computational simulation and modelling of human movement
- research methodologies, data processing and data smoothing.

Contributors include world leading researchers and pioneers such as Vasilios (Bill) Baltzopoulos, Adrian Burden, John H. Challis, and computer modelling maestro Fred Yeadon.

Biomechanical Evaluation of Movement in Sport and Exercise is a must-have text for all biomechanics laboratories and students undertaking research.

Selected Contents: 1. Introduction 2. Motion Analysis Using Video 3. Motion Analysis Using On-Line Systems 4. Force and Pressure Measurement 5. Surface Electromyography 6. Isokinetic Dynamometry 7. Data Processing & Error Estimation 8. Research Methods: Sample Size and Variability Effects on Statistical Power 9. Computer Simulation Modelling in Sport

2007: 246x174: 232pp

eBook: 978-0-203-93575-0

Pb: 978-0-415-43469-0: £29.99

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TEXTBOOK
2ND EDITION

Psychology of Physical Activity

Determinants, Well-Being and Interventions

Stuart J.H. Biddle, Loughborough University, UK and
Nanette Mutrie, Strathclyde University, UK



In today's urbanised and technologised society, physical activity is becoming an increasingly peripheral part of our daily lives.

This new edition is updated to reflect new findings and current research directions, and includes full textbook features, such as key points and chapter summaries. A dedicated accompanying website provides lecturers and students

with extensive supporting materials, including slide presentations and self-test questions.

Psychology of Physical Activity is a comprehensive account of our psychological knowledge about physical activity covering:

- motivation and the psychological factors associated with activity or inactivity
- the feel-good factor: the psychological outcomes of exercising, including mental health illness and clinical populations
- interventions and applied practice in the psychology of physical activity
- current trends and future directions in research and practice.

This textbook is essential for students of sport and exercise science, exercise physiology, health psychology, occupational therapy and physical education.

Selected Contents: Part 1 1. Introduction

Part 2 2. Motivation for Physical Activity: Introduction and Overview 3. Motivation Through Feelings of Control 4. I Can! Motivation Through Feelings of Competence and Confidence 5. Linking Attitudes with Physical Activity 6. Physical Activity Theories and Models: Stages, Phases and Overlap 7. What I feel and Where I Am: Exercise Perceptions and Social Environments **Part 3** 8. The feel Good Factor: Physical Activity and Psychological Well-Being 9. Depression and Other Mental Illnesses 10. The Psychology of Exercise for Clinical Populations **Part 4** 11. Making a Difference 1: Intervention Strategies for the Individual 12. Making a Difference 2: Interventions in Organisations and Communities 13. Conclusions and Future Directions

2007: 246x174: 448pp

Hb: 978-0-415-36664-9: £85.00

Pb: 978-0-415-36665-6: £27.99

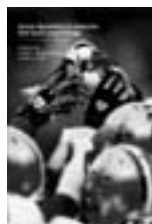
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TEXTBOOK

Group Dynamics in Exercise and Sport Psychology

Contemporary Themes

Edited by Mark R. Beauchamp, University of British Columbia, Canada and Mark A. Eys, Laurentian University, Canada



Can a better understanding of group dynamics raise individual and team athletic performance or improve the outcomes of exercise interventions?

Much human behaviour in sport and exercise settings is embedded within groups where individuals' cognitions, emotions, and behaviours influence and are influenced by other group members.

Group Dynamics in Exercise and Sports

Psychology: Contemporary Themes explores the unique psychological dynamics that emerge in sport and exercise groups. It provides a clear and thorough guide to contemporary theory and research. Recommendations are also presented to inform applied psychology 'best practice'.

Drawing together the expertise of international specialists from sports and exercise psychology, the text covers core themes as well as emerging issues in group dynamics.

Group Dynamics in Exercise and Sports Psychology: Contemporary Themes will be of interest to psychology, kinesiology, sport and exercise science students and researchers, as well as to consultants and coaches.

Selected Contents: Part 1: The Self in Groups

1. Emotional Intelligence – A Framework for Examining Emotions in Sport and Exercise Groups 2. Personality Processes and Intra-Group Dynamics in Sport Teams

Part 2: Leadership in Groups 3. Transformational Leadership and Sports Psychology 4. Coach-Athlete Relationships Ignite Sense of Groupness 5. Proxy Agency in Physical Activity **Part 3: Group Environment** 6. Role Perceptions in Sport Groups 7. Group Cohesion in Sport and Exercise: Past, Present, and Future 8. Group Integration Interventions in Exercise: Theory, Practice, and Future Directions 9. Gendered Social Dynamics in Sport

Part 4: Motivation in Groups 10. Self-Determined Motivation in Sport and Exercise Groups 11. Group Functioning through Optimal Achievement Goals 12. Exploring New Directions in Collective Efficacy and Sport

2007: 246x174: 224pp

eBook: 978-0-203-93798-3

Hb: 978-0-415-42664-0: £85.00

Pb: 978-0-415-42665-7: £27.99

• AVAILABLE AS AN INSPECTION COPY



NEW

Science and Racket Sports IV

Edited by **A. Lees**, Liverpool John Moores University, UK, **D. Cabello**, University of Granada, Spain and **G. Torres**, Universidad Catolica San Antonio Murcia, Spain

Science and Racket Sports IV presents a selection of important contemporary research into the four core racket sport disciplines of tennis, badminton, squash and table tennis. It showcases the best of the peer-reviewed papers and keynote addresses presented at the Fourth World Congress of Science and Racket Sports, Madrid.

Including contributions from many of the world's leading racket sport scientists, researchers and practitioners, the book details cutting-edge research in six key areas:

- Physiology
- Biomechanics
- Sports medicine
- Psychology
- Performance analysis
- Pedagogy, Sociology and Coach Education.

This invaluable collection touches on the most important issues within contemporary sport science, and explores the full range of theoretical, experimental and applied work within the study of racket sports. It is essential reading for all sports scientists, sports physicians, therapists and coaches working in this area.

Selected Contents: Part 1: Physiology of Racket Sports
Part 2: Biomechanical and Medical Aspects of Racket Sports
Part 3: Psychological Aspects of Racket Sports
Part 4: Performance Analysis of Racket Sports
Part 5: Pedagogy, Sociology and Coach Education in Racket Sports

July 2008: 234x156: 240pp
eBook: 978-0-203-89487-3
Hb: 978-0-415-43556-7: £95.00

NEW

Science and Football VI

The Proceedings of the Sixth World Congress on Science and Football

Edited by **Thomas Reilly**, Liverpool John Moores University, UK and **Feza Korkusuz**, Middle East Technical University, Ankara, Turkey

Science and Football VI showcases the very latest scientific research into the variety of sports known as football. These include the games of association football, the rugby codes (union and league), and the national codes (American, Australian and Gaelic). The book aims to bridge the gap between theory and practice in football studies, and presents important new work in key areas such as:

- Biomechanics
- Sports medicine
- Paediatric exercise science
- Match analysis
- Environmental physiology
- Physiology of training
- Fitness assessment
- Psychology
- Social sciences.

Sports scientists, trainers, coaches, physiotherapists, medical doctors, psychologists, educational officers and professionals working in the range of football codes will find this in-depth, comprehensive text an essential and up-to-date resource of scientific information for their respective fields.

The papers contained within this volume were first presented at The Sixth World Congress on Science and Football, held in January 2007 in Antalya, Turkey. The meeting was held under the auspices of the International Steering Group on Science and Football, a representative member of the World Commission of Science and Sports.

June 2008: 234x156: 448pp
eBook: 978-0-203-89368-5
Hb: 978-0-415-42909-2: £90.00

To Order

For simple and secure online ordering, please visit: www.routledge.com/sport or use the order form in this catalogue.

The Science of Training – Soccer

A Scientific Approach to Developing Strength, Speed and Endurance

Thomas Reilly, Liverpool John Moores University, UK



Physical training is a key part of preparing to play soccer (football) at any level, but organising a genuinely effective training programme requires both an understanding of the physiological principles involved and a practical knowledge of the demands of the game.

This book provides clear guidelines, an evidence base and a theoretical framework for proven effective soccer training.

Includes:

- planning seasonal training to peak at the right time
- training for strength, speed, aerobic and anaerobic fitness
- designing appropriate sessions for training and rehabilitation
- best methods for recovery from exercise and reducing injury risk
- preparation for play in different environmental conditions
- evaluating the effectiveness of training programmes
- diet, sleep, lifestyle, young players and long-term development.

Clear explanations of the physiological concepts and sport science research evidence are given throughout, and the book contains many examples to illustrate the training principles in practice. This is an essential text for students of the game and a valuable resource for coaches, physical trainers and sport scientists working in soccer (football).

2006: 234x156: 208pp

eBook: 978-0-203-96666-2

Pb: 978-0-415-38447-6: **£23.99**

• **AVAILABLE AS AN INSPECTION COPY**

2ND EDITION

Science and Soccer

Edited by Thomas Reilly and A. Mark Williams

This textbook for sports science students and coaches contains chapters written by international experts on a wide range of disciplines relating to soccer, both from the research and practical side of the game.

2003: 246x174: 352pp

eBook: 978-0-203-41755-3: **£29.99**

Hb: 978-0-415-26231-6: **£95.00**

Pb: 978-0-415-26232-3: **£29.99**

NEW

Advances in Applied Sport Psychology

A Review

Edited by **Stephen Mellalieu**, Swansea University, UK and **Sheldon Hanton**, University of Wales Institute, Cardiff, UK

Advances in Applied Sport Psychology provides an essential review of the most innovative and leading edge research in the field. This book draws together research which has a distinctive conceptual, theoretical, or practical focus from leading and emerging researchers in sport psychology.

Offering insight into research developments in basic and advanced psychological strategies for enhanced sports performance, topics covered include: Imagery, Goal Setting, Self-talk, Stress Management, Team Building, Confidence Building, Concentration and Attention Control, Emotion Regulation, and Mental Toughness.

Each chapter has been subjected to independent peer review to and is structured to provide a clear, comprehensive review of research with:

- chapter abstracts
- key words
- chapter introduction
- implications of research for professional practice
- future prospects for research in each sub-discipline
- comprehensive references.

This text will be a significant resource for graduates, doctoral students, academics, and professionals working within the field of sport psychology.

September 2008: 234x156: 320pp

Hb: 978-0-415-44763-8: **£80.00**

Drugs in Sport

Edited by **David R. Mottram**

This edition includes fresh information relating to the worldwide anti-doping laws, and changes to the prohibited and therapeutic use exemption lists. An excellent resource for undergraduates and researchers in sports science.

2005: 234x156: 432pp

eBook: 978-0-203-09911-7

Hb: 978-0-415-37563-4: **£90.00**

Pb: 978-0-415-37564-1: **£29.99**

• **AVAILABLE AS AN INSPECTION COPY**

NEW

Sport Psychology

Performance Enhancement, Performance Inhibition, Individuals, and Teams

Nicholas T. Gallucci, Eastern Connecticut State University, USA

Sport Psychology is a senior undergraduate textbook that provides a synthesis of the major topics in sport psychology with an applied focus and an emphasis on achieving optimal performance.

After the introductory chapters, there are three main sections to the text: Performance Enhancement covers topics such as anxiety, routines, mental imagery, self-talk, concentration, relaxation, goals, and self-confidence.

The section on Performance Inhibition includes chapters on choking under pressure, self-handicapping, procrastination, perfectionism, substance abuse, burnout, and injury.

While much of the information presented is universally applicable, individual differences based on gender, ethnicity, age, and motivation are emphasized in the concluding section on Individuals and Teams.

Throughout, there are case studies of well-known athletes from a variety of sports to illustrate topics that are being explored.

Sport Psychology is supported by a CD-ROM of instructor resources, which is free of charge to qualifying adopters and their students.

Selected Contents: Part 1: Introduction 1. Introduction to Sport Psychology 2. Motivation for Sport and Achievement
Part 2: Performance Enhancement 3. Optimal Levels of Anxiety, Intensity, or Arousal 4. Pre-performance Routines 5. Mental Skills Training: Self-Talk, Concentration, Mental Imagery 6. Relaxation Training: Calming the Physiology 7. Goals 8. Goal Orientation 9. Self-efficacy and Sport Self-confidence
Part 3: Performance Inhibition 10. Choking Under Pressure and Anxiety and Performance 11. Self-handicapping 12. Procrastination and Perfectionism 13. Learned Helplessness. 14. Performance Inhibition Due to Personality Factors 15. Substance Abuse 16. Burnout 17. Athletic Injuries
Part 4: Individuals and Teams 18. Gender and Sport 19. Ethnic and Cultural Differences and Sport Psychology 20. Youth and Sport 21. Leadership and Coaching 22. Team Cohesiveness

January 2008: 174x234: 592pp
 Hb: 978-1-84169-486-6: £49.95
 Pb: 978-1-84169-486-3: £24.95



NEW

The Routledge Physical Education Reader

Edited by **Richard Bailey**, Roehampton University, UK and **David Kirk**, Leeds Metropolitan University, UK

Physical Education teaching and research is fundamental to the physical and social health of our communities. The *Routledge Physical Education Reader* presents an authoritative, representative and accessible selection of international scholarship drawn from the full topical range of this most important discipline.

Containing a rich blend of contemporary, 'classic' and hard-to-find articles, the book helps students to gain a full understanding of the historical context in which current issues and debates have emerged. Leading international scholars Richard Bailey and David Kirk weave a thoughtful editorial commentary throughout the book that illuminates each key theme and makes insightful, and often surprising, connections between articles and approaches.

Addressing the most important topics in contemporary physical education, from values, health and sport, to learning, teaching and research, The *Routledge Physical Education Reader* is essential reading for all serious students of physical education, sport, exercise and health.

Selected Contents: Part 1: The Nature and Values of Physical Education: Justifying P.E. Part 2: Physical Education and Sport Part 3: Physical Education and Health Part 4: Physical Education, Social and Moral Education Part 5: Physical Education Futures Part 6: Learning and Learners Part 7: Teaching and Teachers Part 8: Researching Physical Education

August 2008: 246x174: 400pp
 Hb: 978-0-415-44600-6: £90.00
 Pb: 978-0-415-44601-3: £29.99

• AVAILABLE AS AN INSPECTION COPY

2ND EDITION**Sport and Physical Education:
The Key Concepts**

Tim Chandler, Kent State University, Ohio, USA,
Mike Cronin, De Montfort University, UK and
Wray Vamplew, University of Stirling, UK

Series: Routledge Key Guides



An accessible and fully cross-referenced A-Z guide, this book has been written specifically for students of sport studies and physical education, introducing basic terms and concepts. Entries cover such diverse subjects as coaching, drug testing, hooliganism, cultural imperialism, economics, gay games, amateurism, extreme sports, exercise physiology and Olympism.

This revised second edition, including fully updated further reading and web references, places a greater emphasis on sports science, with new entries on subjects such as:

- aerobic and anaerobic respiration
- blood pressure
- body composition
- cardiac output
- metabolism
- physical capacity.

A complete guide to the disciplines, themes, topics and concerns current in contemporary sport, this book is an invaluable resource for students at every level studying Sport and Physical Education.

2007: 216x138: 288pp
eBook: 978-0-203-96169-8
Hb: 978-0-415-41746-4: **£60.00**
Pb: 978-0-415-41747-1: **£14.99**

• **AVAILABLE AS AN INSPECTION COPY**

TEXTBOOK**Sociology of Sport and Physical Education**

An Introduction

Anthony Laker



This undergraduate text, written by key writers, lecturers and academics in the field, covers the key, current issues in the field of sociology of sport and physical education.

2001: 234x156: 256pp
eBook: 978-0-203-19411-9
Hb: 978-0-415-23593-8: **£90.00**
Pb: 978-0-415-23594-5: **£24.99**

• **AVAILABLE AS AN INSPECTION COPY**

TEXTBOOK**Issues in Physical Education**

Edited by **Susan Capel** and **Susan Piotrowski**



This book encourages student-teachers, NQTs and practising teachers to reflect on issues important to planning, teaching and evaluating physical education.

2000: 234x156: 288pp
Hb: 978-0-415-23716-1: **£90.00**
Pb: 978-0-415-18689-6: **£22.99**

TEXTBOOK**A Practical Guide to Teaching Physical Education in the Secondary School**

Susan Capel, Brunel University, UK, **Peter Breckon**, Brunel University, UK and **Jean O'Neill**, University of Brighton, UK

Series: Routledge Teaching Guides



This book provides a range of practical activities designed to support physical education teachers' learning. The activities include case studies, examples of pupils' work, examples of existing good practice, and a range of tried-and-tested teaching strategies. The book also includes helpful photocopyable resources and training materials. Activities in each chapter provide a toolkit to help student physical education teachers to analyse

their learning and performance.

This book extends the popular *Learning to Teach PE in the Secondary School* textbook, providing detailed examples of theory in practice. It is packed with examples of how to analyse practice to ensure pupil learning is maximised. These examples are based on the best research and practice currently available. In addition, the book provides web-based links to sources of new knowledge supporting evidence-based practice.

2006: 297x210: 176pp
eBook: 978-0-203-00863-8
Pb: 978-0-415-36111-8: **£17.99**

• **AVAILABLE AS AN INSPECTION COPY**

TEXTBOOK

Teaching Physical Education in the Primary School

Jenny Grey, Bev Hopper and Patricia Maude

'Teaching Physical Education in the Primary School will be useful for trainee teachers or anyone seeking professional development, but it is a must for subject leaders.' - *Times Educational Supplement*

Provides professional development for generalist primary teachers and trainees. A unique title which not only deals with teaching and learning of PE but also everything that is relevant to the coordinating of the subject.

2000: 246x189: 192pp
eBook: 978-0-203-97759-0
Pb: 978-0-415-23028-5: **£19.99**

• AVAILABLE AS AN INSPECTION COPY

TEXTBOOK

Physical Education and Development 3–11

A Guide for Teachers

Jonathan Doherty, Leeds Metropolitan University, UK



Physical education plays a vital role in children's development, health and well-being, and is an increasingly important part of the government's strategy for healthy schools. The role and profile of physical education at primary level continues to grow as awareness of the need to encourage an active lifestyle at an early age increases.

This accessible guide to teaching PE within the 3–11 age range will allow all non-specialist primary teachers to approach the subject with confidence, encouraging a better understanding of its role within schools and the special contribution it can make to children's lives. The book:

- shows how to guide children's movement experiences from the Foundation Stage right through to adventurous activities and sports games at the end of Key Stage 2
- contains a wealth of practical advice on developmentally appropriate practical ideas
- supports the PECCSL strategy (PE, School Sport and Club Links) of providing at least 2 hours a week on high quality PE and school sport within schools.

Written for all early years and primary students on teacher education courses, this book is also relevant for teachers, HLTAs and other non-PE specialists working with children up to the age of 11.

2007: 246x174: 240pp
Pb: 978-1-84312-456-6: **£16.99**

• AVAILABLE AS AN INSPECTION COPY

Primary School Physical Education

Edited by Anne Williams

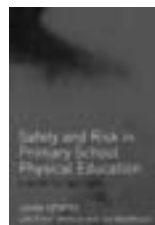
Presents research evidence about a range of important topics for the primary school teacher of physical education, including the relevance of research and its implications on practice, and the benefit possible from access to research evidence.

2000: 234x156: 160pp
Hb: 978-0-7507-0971-2: **£70.00**
Pb: 978-0-7507-0970-5: **£24.99**

• AVAILABLE AS AN INSPECTION COPY

Safety and Risk in Primary School Physical Education

John Severs



This book is curriculum-specific, following Key Stages 1 and 2 (including foundation level), and offering good guidelines on policy, practice, planning and assessment.

2003: 246x174: 160pp
eBook: 978-0-203-46446-5
Hb: 978-0-415-31815-0: **£90.00**
Pb: 978-0-415-26879-0: **£29.99**

• AVAILABLE AS AN INSPECTION COPY

Teaching Physical Education to Children with Special Educational Needs

Philip Vickerman, Liverpool John Moores University, UK



Offering practical strategies to include children with SEN fully into physical education, this unique title:

- applies the latest research to the practice of inclusion of children with SEN in PE
- offers an outline of the statutory responsibilities placed upon teachers and schools to include children with SEN

• covers a diverse range of issues which teachers needs to address in order to

provide high quality learning experiences for children with SEN

- includes a series of reflective tasks, further reading and contacts within each chapter.

Teaching Physical Education to Children with Special Educational Needs offers an opportunity to explore in depth the complexities of including children with SEN in PE. This is an extensive resource that requires no reference to alternative texts and is essential reading for all people involved in including children with SEN in PE.

2006: 234x156: 160pp
eBook: 978-0-203-96811-6
Hb: 978-0-415-38949-5: **£75.00**
Pb: 978-0-415-38950-1: **£18.99**

• AVAILABLE AS AN INSPECTION COPY

Equity and Inclusion in Physical Education

Edited by **Sid Hayes** and **Gary Stidder**



This book sets out and critically evaluates the key principles for inclusion and the expectations derived from them, looking closely at the practical issues involved in devising and implementing an inclusive PE curriculum.

2003: 234x156: 264pp
eBook: 978-0-203-38112-0
Hb: 978-0-415-28225-3: **£90.00**
Pb: 978-0-415-28226-0: **£25.99**

Gender and Physical Education

Contemporary Issues and Future Directions

Edited by **Dawn Penney**



The book challenges our understandings of gender, equity and identity in PE, establishing a conceptual and historical foundation for the issue, as well as presenting a wealth of original research material.

2002: 234x156: 248pp
eBook: 978-0-203-46888-3
Hb: 978-0-415-23575-4: **£90.00**
Pb: 978-0-415-23576-1: **£25.99**

Critical Inquiry and Problem Solving in Physical Education

Working with Students in Schools

Edited by **Lisette Burrows**, **Doune Macdonald** and **Jan Wright**

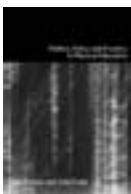


This book provides detailed examples of how critical inquiry and problem-solving can be used in the teaching of physical education for different age groups and in a range of different contexts.

2003: 234x156: 232pp
Hb: 978-0-415-29163-7: **£90.00**
Pb: 978-0-415-29164-4: **£27.99**
• AVAILABLE AS AN INSPECTION COPY

Politics, Policy and Practice in Physical Education

John Evans and Dawn Penney



A unique resource for students and lecturers of Physical Education and Sports Studies, this book explores and analyses the processes of policy-making and implementation in education.

1999: 234x156: 176pp
eBook: 978-0-203-47693-2
Pb: 978-0-419-21950-7: **£27.99**

Sport Education in Physical Education

Research Based Practice

Edited by **Dawn Penney**, **Gill Clarke**, **Mandy Quill** and **Gary Kinchin**



Sport Education is an exciting approach to the teaching of PE. This text presents teachers with a framework for developing units of work that will provide their students with challenging and enjoyable sporting experiences that involve them in an array of roles. In Sport Education students are not only players, they also become skilled and knowledgeable as captains, coaches, managers, match reporters and more.

2005: 234x156: 256pp
eBook: 978-0-203-49744-9
Hb: 978-0-415-28967-2: **£80.00**
Pb: 978-0-415-28968-9: **£24.99**

Body Knowledge and Control

Studies in the Sociology of Physical Education and Health

Edited by **John Evans**, **Brian Davies** and **Jan Wright**



Drawing together some of the latest research on the body and schooling, *Body Knowledge and Control* offers a sharp and challenging critique of modern day attitudes toward obesity, health, appearance and self-image.

2003: 234x156: 272pp
eBook: 978-0-203-56386-1
Hb: 978-0-415-30644-7: **£90.00**
Pb: 978-0-415-30645-4: **£29.99**

Evolutionary Playwork and Reflective Analytic Practice

Bob Hughes



Evolutionary Playwork and Reflective Analytic Practice will enable playwork students, practitioners and researchers to reassess the impact and purpose of playwork on children.

2001: 234x156: 320pp
eBook: 978-0-203-47865-3
Hb: 978-0-415-25165-5: **£90.00**
Pb: 978-0-415-25166-2: **£27.99**

NEW

TEXTBOOK

Key Themes in Youth Sport

Ken Green, Chester University, UK

Key Themes in Youth Sport is a concise, easy to read guide to core concepts in the study of young people's relationship with sport, exercise and leisure. Designed to help students get to grips with the basics and go on to master the central ideas and debates in contemporary youth sport, this book reflects the multi-disciplinary interest in youth sport, exploring perspectives from: Sociology, Psychology, Physiology, Sports Policy, Sports Development, and Physical Education. Key features include:

- highlighted 'key terms', fully cross-referenced
- references for further reading and internet searching
- explores both theory and practice
- addresses current issues and controversies.

September 2008: 234x156: 190pp
 Hb: 978-0-415-43539-0: **£75.00**
 Pb: 978-0-415-43540-6: **£24.99**

• AVAILABLE AS AN INSPECTION COPY

Rethinking Gender and Youth Sport

Edited by Ian Wellard, Canterbury Christchurch University, UK

Series: International Studies in Physical Education and Youth Sport



Much writing on gender and sport is focused upon the negative impact of girls' exclusion from the arena, suggesting by inference that current practice in sport and physical education offers an uncomplicatedly positive sport experience for boys, and that gender, in and of itself, offers a simple starting point for research into young people's experience of sport.

Rethinking Gender and Youth Sport

articulates certain themes which, it is suggested, might contribute to broadening and furthering discussion in the area of gender, youth sport and physical activity. This collection considers a number of themes relating to gender in sport, including:

- the body
- competence, ability and school physical education
- cultural change and diversity
- gendered spaces
- human rights and well-being.

Authoritative writers have contributed thought provoking chapters which will prompt the reader to re-think the ways in which gender is understood within the context of youth sport.

2007: 234x156: 184pp
 eBook: 978-0-203-93361-9
 Hb: 978-0-415-41092-2: **£85.00**
 Pb: 978-0-415-41093-9: **£24.99**

Positive Youth Development Through Sport

Edited by Nicholas L. Holt, University of Alberta, Canada

Series: International Studies in Physical Education and Youth Sport

The first Positive Youth Development title to focus on the role of sport, this book brings together high profile contributors from diverse disciplines to critically examine the ways in which sport can be and has been used to promote youth development.

Young people are too frequently looked upon as problems waiting to be solved. From the perspective of Positive Youth Development (PYD), young people are understood to embody potential, awaiting development.

Involvement with sport provides a developmental context that has been associated with PYD, but negative outcomes can also arise from sport participation and school PE. Sport itself does not lead to PYD; rather, it is the manner in which sport is structured and delivered to children that influences their development. *Positive Youth Development Through Sport* fills a void in the literature by bringing together experts from diverse disciplines to critically examine the ways in which sport can be and has been used to promote youth development.

Selected Contents: 1. Positive Youth Development *Richard Lerner* 2. Positive Psychosocial Development Through Sport *Al Petitpas, Judy Van Raalte, et al* 3. Toward an Integrated Model of Positive Youth Development Through Sport *Jean Côté, Jessica Fraser-Thomas, Janice Deakin* 4. Sport and Responsibility with Inner-City Youth *Don Hellison* 5. Factors Associated with Children's Positive and Negative Experiences in Sport *Nicholas L. Holt* 6. Teaching Life Skills Through Sport *Steve Danish and Ken Hodge* 7. Sport in Education *Andrew Taggart* 8. Sport for Peace *Jamie Mandigo and Andy Anderson* 9. Research Issues for PYD through Sport *Nicholas L. Holt*

2007: 234x156: 160pp
 eBook: 978-0-203-94478-3
 Hb: 978-0-415-77152-8: **£75.00**

Visit www.routledge.com/sport for full table of contents on all titles featured in this catalogue

NEW

Disability and Youth Sport

Edited by **Hayley Fitzgerald**, Leeds Metropolitan University, UK

Series: International Studies in Physical Education and Youth Sport



Improved awareness of issues of equity and inclusion in physical education has raised the profile of young disabled people's access to and experience of physical education. There is increasing pressure on PE teachers and youth sport workers to have a better understanding of young disabled people's sports and physical activity needs.

Disability and Youth Sport aims to serve as a catalyst to stimulate progressive dialogue and debate in this area. The text contains contributions from international researchers who reflect on the sports experience of young disabled people and the physical education professionals who work with them, examining:

- attitudes to disability, physical education and youth sport
- impacts of policy developments on sport pedagogy
- experiences of young people, teachers and coaches.

This collection offers a truly deep and broad perspective for analysis by drawing on literature from disability studies, special educational needs (SEN), sports pedagogy, physical education and youth sport, and the sociology of sport.

Selected Contents: 1. Historical Perspective: Perceptions, Policy and Practice *Hayley Fitzgerald* 2. Inclusion Physical Education and School Sport *Phil Vickerman* 3. Politics, Power, Policy and Disability Youth Sport *Nigel Thomas* 4. Disability, Youth Sport and Social Theory *Len Barton* 5. Young Disabled Peoples Experiences of Physical Education and Youth Sport *Donna Goodwin* 6. Disability and the Sporting Body *Karen DePauw* 7. Inclusion in Practice: The Pedagogy of Inclusion, Challenges and Opportunities *Andy Smith* 8. An International Perspective: Developments Supporting Disabled People in Physical Education and Youth Sport *Peter Downs and Ken Black* 9. Future Directions: Research, Development and Aspirations *Anne Jobling*

August 2008: 234x156: 224pp
eBook: 978-0-415-47041-4
Hb: 978-0-415-42352-6: **£80.00**
Pb: 978-0-415-42353-3: **£24.99**

Youth Soccer

From Science to Performance

Thomas Reilly, Dave Richardson, Gareth Stratton and A. Mark Williams



Youth Soccer: From Science to Performance blends contemporary child-focused sports science theory with youth specific coaching practice to help create evidence soccer development strategies for children.

2004: 234x156: 232pp
eBook: 978-0-203-64413-3
Hb: 978-0-415-28661-9: **£80.00**
Pb: 978-0-415-28662-6: **£24.99**

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2ND EDITION

Coaching Children in Sport

Principles and Practice

Dr Martin Lee

This book has arisen out of a need for a text which tackles the special issues relating to coaching children (from 6 - 16) in sport. Academics (many with coaching experience) and practitioners have been commissioned to write on their specialist areas.

1993: 234x156: 328pp
Pb: 978-0-419-18250-4: **£34.99**

• AVAILABLE AS AN INSPECTION COPY

Human Rights in Youth Sport

A Critical Review of childrens Rights in Competitive Sport

Paulo David

Series: Ethics and Sport



A critical analysis of some very real problems within youth sport, with issues that relate specifically to children, this book argues that the future development of sport depends on the creation of a child-centred sport system.

2004: 234x156: 352pp
eBook: 978-0-203-51103-9
Hb: 978-0-415-30558-7: **£90.00**
Pb: 978-0-415-30559-4: **£27.99**

Child Welfare in Football

An Exploration of Children's Welfare in the Modern Game

Celia Brackenridge, Brunel University, London, UK,
Andy Pitchford, Gloucestershire University, UK,
Kate Russell, University of Sydney, Australia and
Gareth Nutt, Gloucestershire University, UK



Sport and those who run it have an important duty to ensure the safety and wellbeing of young participants. This text presents the findings of a unique research project into the experiences of a wide range of stakeholders in contemporary youth soccer, exploring crucial issues of child protection, social policy, and the culture and governance of sport. It covers:

- the youth soccer context — twenty-first century family life, the sports policy background, and the organisation, governance and culture of the English game
- research findings — the experiences of children and young people, parents and carers, coaches, teachers, referees, Child Protection Officers, Football Development Officers, and those involved in women's, disability and professional soccer
- issues in social policy research — methodological, ethical and management challenges
- conclusions and implications — the benefits and limitations of different approaches to the protection of children and young people in sport.

For researchers, professionals and decision-makers, this text provides important new insight into the impact of child protection policies, and into the potential for evidence-based practice in youth sport.

Selected Contents: Introduction **Part 1: Context** 1. Families and Football in the Twenty First Century 2. Child Protection and the Sports Policy Agenda 3. Youth football 4. Researching the Football Family **Part 2: Findings** 5. Children and Young People 6. Parents and Carers 7. Referees 8. The Professional Game 9. Coaches 10. School Teachers 11. Disability Football and Vulnerable People 12. The women's Game 13. Scouts **Part 3: Reflections** 14. Reflections on Managing the Research Process 15. Conclusions: Dream Makers or Dream Breakers?

Appendices 1a. Sample Survey 2002: Parents/Carers and Guardians 1b. Sample Survey 2003: Coaches, Managers and Teachers 2. Sample Interview/Focus Group Schedule 2002 3. Consultation Methods for Children 4. Ethics Protocol 5. Media Protocol 6. Bracketing Interview Schedule 2002

2006: 234x156: 272pp
 eBook: 978-0-203-09906-3
 Hb: 978-0-415-37232-9: **£90.00**
 Pb: 978-0-415-37233-6: **£24.99**

• AVAILABLE AS AN INSPECTION COPY

2ND EDITION

Sports Development

Policy, Process and Practice

Edited by **Kevin Hylton** and **Peter Bramham**, both at Leeds Metropolitan University, UK



'This book represents a watershed in the history of the sector and provides an important single point of reference for the subject.' - *Derrick Anderson, CBE, Chief Executive, Lambeth Council, UK*

'A rich and varied contribution to the proliferation of courses and to the professional wishing to engage in a critical examination of its policy,

process and practice.' - *Journal of Sport, Education and Society*

'This second edition brings us right up to date at a time when any discussions defining and redefining what sports development actually is are more relevant than ever.' - *Val Stevenson, Education and Training Manager, Institute for Sports Parks and Leisure (ISPAL)*

Sports Development is an important emerging field of academic study with a distinctive contribution to make to wider social, cultural, economic and educational policies and practices. *Sports Development* offers a detailed, authoritative and dependable guide to all aspects of the subject.

Now in its second edition, this popular course text examines the roles of those working in and around sports development and explores how professionals can devise better and more effective ways of promoting interest, participation or performance in sport. The book has been fully updated to include coverage of contemporary debates about mass participation, community sports development, social inclusion, coaching and talent development, PE and school sport, working and volunteering in sports development, elite performance and the Olympic Games, research and policy evaluation.

Sports Development represents an invaluable resource for university and further education students, researchers and those working in sports development and is essential reading for all those wanting to prove themselves effective in this area.

2007: 246x174: 288pp
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TEXTBOOK

A Wider Social Role for Sport

Who's Keeping the Score?

Fred Coalter, Stirling University, UK

Sport is perceived to have the potential to alleviate a variety of social problems and generally to 'improve' both individuals and the communities in which they live. Sport is promoted as a relatively cost effective antidote to a range of social problems – often those stemming from social exclusion - including poor health, high crime levels, drug abuse and persistent youth offending, educational under-

achievement, lack of social cohesion and community identity and economic decline. To this end, there is increasing governmental interest in what has become known as 'sport for good'.

A Wider Social Role for Sport presents the political and historical context for this increased government interest in sport's potential contribution to a range of social problems. The book explores the particular social problems that governments seek to address through sport, and examines the nature and extent of the evidence for sport's positive role.

It illustrates that, in an era of evidence-based policy-making, the cumulative evidence base for many of these claims is relatively weak, in part because such research is faced with substantial methodological problems in isolating the precise contribution of sport in many contexts. Drawing on worldwide research, *A Wider Social Role for Sport* explores the current state of knowledge and understanding of the presumed impacts of sport and suggests that we need to adopt a different approach to research and evaluation if sports researchers are to develop their understanding and make a substantial contribution to sports policy.

Selected Contents: 1. Introduction 2. Sport and Social Policy: From Sport for all to Sport for Good 3. Sport and Social Impacts: Do we Need New Rules? 4. Sport and Social Regeneration: A Capital Prospect? 5. Sport-in-Development: A Global Role for Sport? 6. Sport and Education: Scoring on the Pitch and in the Classroom? 7. Sport and Crime: Getting Out of Jail? 8. Sport and Economic Impacts: Investing in Success? 9. Conclusions

2007: 234x156: 216pp
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Elite Sport Development

Policy Learning and Political Priorities

Mick Green and **Barrie Houlihan**

Examines the emergence, development and status of an elite sport development policy in swimming, track and field, and sailing in Australia, Canada and the UK.

2005: 234x156: 240pp
eBook: 978-0-203-02224-5
Hb: 978-0-415-33182-1: **£80.00**

TEXTBOOK

In Pursuit of Excellence

A Student Guide to Elite Sports Development

Michael Hill, City of Stoke on Trent Sixth Form College, UK*Series: Student Sport Studies*

Competitive sport is today about winning and training to win. Many athletes are professionals, with careers managed by teams of specialist staff working towards the ultimate goal of world-class, medal-winning performances.

This entry-level text offers new students a comprehensive introduction to the phenomenon of the pursuit of excellence in sport, covering the key issues and talking points including: the history and tradition of sporting excellence comparisons of elite high-performance sport programmes in Australia, the USA, East Germany and France the historical, social, political and economic impacts of sporting excellence in the UK current issues and debates, including drugs in sport the future for high-performance sport.

With a clear framework for understanding and exploring key issues, questions for discussion, websites and suggestions for further reading, *In Pursuit of Excellence* is an ideal introduction for AS, A level and undergraduate students.

Selected Contents: Introduction 1. Sporting Excellence - The Concept 2. Sporting Excellence - An Historical Overview 3. The Long Winding Path - Sport Excellence in the UK 1950-1990 4. Atlanta 1996 - An Olympic Failure Too Far 5. Comparative Study - Four Case Studies A. Australia: Why Are They Winning? B. Vive la France C. USA - No 1 D. The GDR 6. World Class at Long Last - UK Sport Excellence 2000+ 7. Win at All Costs? - The Art of Gamesmanship 8. Citius, Altius, Fortius, Pharmacus - Drugs in Elite SPORT 9. What the Future Holds 10. Current View. Contacts for Further Research. Index

2007: 234x156: 136pp
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Working with Volunteers in Sport

Theory and Practice

Graham Cuskelly, Griffith University, Australia, **Russell Hoye**, La Trobe University, Australia and **Chris Auld**, Griffith University, Australia



The contribution of volunteers in terms of time and expertise is integral to sport development and delivery from 'sport for all' to elite levels. Good volunteer management and a clear understanding of the way volunteers work in sport is essential to protect and nurture this valuable group of individuals.

This is the first academic text to examine the role of volunteers in sport, and links

theory and research to provide clear guidelines for implementing good volunteer management practice. The authors are well known for their research in this subject and cover the key issues including:

- developing sport through volunteers
- recruiting and retaining volunteers
- government policy and international comparisons
- specialist volunteers – coaches, officials, administrators
- relationships with paid staff
- volunteers and the law.

Nearly six million adult volunteers work in sport in the UK alone and this work forms the backbone of much sporting success. *Working with Volunteers in Sport* is a valuable read for students and professionals alike.

2006: 234x156: 190pp
 eBook: 978-0-203-96682-2
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NEW

TEXTBOOK

Legal Issues in Sport, PE and Recreation

Hazel Hartley, Leeds Metropolitan University, UK



This is the first comprehensive guide to legal issues written specifically for sport and recreation students. It surveys the full range of legal principles, cases, and issues in sport and recreation today. The book is written in a 'student-friendly' style, including questions, exercises and revision material designed to help the student gain a deeper understanding of the relevant legal matters.

Topics covered include:

- why legal issues matter in sport
- sport, violence and criminal liability
- health and safety and risk assessment
- accidents, manslaughter and professional responsibility
- negligence and reckless disregard
- duty and disciplinary action in the workplace
- legal case studies and precedents
- research in sport and recreation law.

August 2008: 246x174: 240pp
 eBook: 978-0-203-29952-4
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Culture, Identity, Exclusion

Daniel Burdsey, University of Brighton, UK

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A development of the discourse on ethnicity and sport, exploring the British Asian experience of playing football in terms of the demands of the game and the influences of contrasting yet co-existing cultures.

Selected Contents: 1. Introduction 2. Myths, Stereotypes and Discourses Surrounding the Exclusion of British Asian Professional Footballers 3. Racial Discrimination and White Privilege in English Football 4. Ethnicity, Hybridity and Cultural Capital 5. Identity, Diaspora and Citizenship 6. British Asians and Anti-Racism in English Football I: Strategies and Symbolism 7. British Asians and Anti-Racism in English Football II: Case Studies and Critique 8. Concluding Remarks

2006: 234x156: 200pp
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NEW**The Cultural Politics of the Paralympic Movement**

Through an Anthropological Lens

P. David Howe, Loughborough University, UK

Series: Routledge Critical Studies in Sport



Do the Paralympic Games empower the disability sport community?

Like many other contemporary sporting institutions, the Paralympic Games have made the transition from pastime to spectacle, and the profile of athletes with disabilities has been increased as a result. This book reviews the current status of the Paralympics and challenges the mainstream assumption that the

Games are a vehicle for empowerment of the disabled community.

Using ethnographic methods unique in this area of study, P. David Howe has undertaken an innovative and critical examination of the social, political and economic processes shaping the Paralympic Movement. In *The Cultural Politics of the Paralympic Movement* he presents his findings and offers a new insight into the relationship between sport, the body and the culture of disability. In doing so he has produced the most comprehensive and radical text about high performance sport for the disabled yet published.

Selected Contents: 1. Athlete as Anthropologist, Anthropologist as Athlete **Part 1: Sport and Disability** 2. A Social History of Sport for the Disabled 3. Paralympic 'Lived History': Reflections of a Participant Observer 4. The Politics of Sporting Disablement 5. Mediated Paralympic Culture **Part 2: Impairment, Sport and Performance** 6. The Imperfect Body and Sport 7. Technology and the Paralympic Games 8. Accommodating Paralympic Bodies. Appendix: Through the Anthropological Lens

February 2008: 234x156: 208pp
eBook: 978-0-203-50609-7
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NEW

2ND EDITION

TEXTBOOK

Physical Activity and Health

The Evidence Explained

Adrienne Hardman, Loughborough University, UK and **David Stensel**, Loughborough University, UK

Now in a fully updated and revised edition, *Physical Activity and Health* explains clearly, systematically and in detail the relationships between physical activity, health and disease, and examines the benefits of exercise in the prevention and treatment of a wide range of important health conditions.

The book critically considers the evidence linking levels of physical activity with disease and mortality. It explores the causes of specific health conditions and syndromes prevalent in developed societies, such as cardiovascular disease, Type 2 diabetes, obesity and cancer, and discusses the role of physical activity in their prevention or alleviation.

Throughout, the book draws on cutting edge research literature and is designed help the student to evaluate the quality and significance of the scientific evidence. A concluding section explores broader themes in exercise and public health, including therapeutic uses of exercise; exercise and aging; children's health and exercise, and physical activity and public health policy, and includes a critical appraisal of current recommendations for physical activity.

Containing useful pedagogical features throughout, including chapter summaries, study activities, self evaluation tasks, guides to landmark supplementary reading and definitions of key terms, and richly illustrated with supporting case-studies, tables, figures and plates, *Physical Activity and Health* is an essential course companion. It is vital reading for degree-level students of sport and exercise science, public health, physical therapy, medicine, nursing and nutrition.

November 2008: 246x174: 360pp
Hb: 978-0-415-45585-5: **£85.00**
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Children, Obesity and Exercise

Prevention, Treatment and Management of
Childhood and Adolescent Obesity

Edited by **Andrew P. Hills, Neil A. King and Nuala M. Byrne**, all at Queensland University of Technology, Australia

Series: International Studies in Physical Education and Youth Sport



Throughout the developed world there is an increasing prevalence of childhood obesity. Because of this increase, and awareness of the risks to long term health that childhood obesity presents, the phenomena is now described by many as a global epidemic.

Children, Obesity and Exercise provides sport, exercise and medicine students and professionals with an accessible and

practical guide to understanding and managing childhood and adolescent obesity. It covers:

- overweight, obesity and body composition;
- physical activity, growth and development;
- psycho-social aspects of childhood obesity;
- physical activity behaviours;
- eating behaviours;
- measuring children's behaviour;
- interventions for prevention and management of childhood obesity.

Children, Obesity and Exercise addresses the need for authoritative advice and innovative approaches to the prevention and management of this chronic problem.

Selected Contents: 1. Introduction: The Nature of the Problem 2. Tracking of Obesity from Childhood to Adulthood: Implications for Health 3. Clinical Correlates of Overweight and Obesity 4. Body Composition Assessment in Children and Adolescents: Implications for Obesity 5. The Importance of Physical Activity in the Growth and Development of Children 6. The Role of Perceived Competence in the Motivation of Obese Children to be Physically Active 7. Psycho-Social Factors and Childhood Obesity 8. Physical Activity, Appetite Control and Energy Balance: Implications for Obesity 9. Eating Behaviour in Children and the Measurement of Food Intake 10. Physical Activity Behaviour in Children and the Measurement of Physical Activity 11. Environmental Factors and Physical Activity in Children: Implications for Active Transport Programs 12. Interventions for the Prevention, Treatment and Management of Childhood Obesity (including Family, School and Community)

2007: 234x156: 184pp
eBook: 978-0-203-94597-1
Hb: 978-0-415-40883-7: **£75.00**
Pb: 978-0-415-40884-4: **£21.99**

The Obesity Epidemic

Science, Morality and Ideology

Michael Gard and Jan Wright



'The Obesity Epidemic is a superb contribution to the sociology of knowledge, and an essential text for anyone who wants to understand the current moral panic over fat.' - Paul Campos, University of Colorado, author of *The Obesity Myth*

'The strength in this book lies in its ability to provide its readers with a critical view of obesity science by challenging them to go beyond traditional thinking ... reminding them of the harmful and stigmatizing consequences of adopting a 'war on obesity' mentality ... This book is an essential read for anyone who is interested in health, obesity, health promotion, and public health.' - Krista Rondeau, *Dieticians of Canada*

This is a controversial book about a critical theme in health and exercise studies. It provides much-needed, thorough and reflective analysis of the current state of research and is set to contribute a great deal to the debate.

2005: 234x156: 232pp
eBook: 978-0-203-61930-8
Hb: 978-0-415-31895-2: **£90.00**
Pb: 978-0-415-31896-9: **£24.99**

NEW

TEXTBOOK

The Sport and Fitness Sector

An Introduction

Edited by **Ben Oakley**, The Open University, UK and **Martin Rhy**s



Drawing together an edited selection of readings from a wide range of academic and professional sources, this book has been designed to bridge the gap between the classroom and the workplace, opening up the theory and practice of sport and fitness management for those undertaking either work-based study or conventional degree courses.

March 2008: 246x174: 256pp
eBook: 978-0-203-92822-6
Hb: 978-0-415-45404-9: **£85.00**
Pb: 978-0-415-45405-6: **£24.99**

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Exercise Dependence

John H. Kerr, Kokushikan University, Japan,
Koenraad J. Lindner and Michelle Blyadon



Exercise dependence or addiction has been described as a 'positive addiction', but it can have links with damaging dysfunctional and excessive behaviours, including eating disorders. Clinical and sport psychologists now acknowledge the condition and report that it can be found in recreational exercisers and competitive athletes.

This is the first text to provide a comprehensive guide to exercise dependence. The text contains case studies and reviews research into exercise dependence in both 'exercise' and 'sports' contexts. The authors examine the condition in the widest sense, exploring different types of exercise dependence, risk factors associated with the condition, the experiences and motivational characteristics of sufferers, links with eating disorders, and a number of approaches to counselling.

This text will be of significant interest to psychologists working in sport, health and clinical practice, as well as to athletes and sports coaches, particularly those involved in endurance sports associated with higher incidences of exercise dependence.

Selected Contents: 1. Over the Top: An Introduction to Exercise Dependence 2. A Foundation for Understanding: Theoretical Approaches to the Study of Dependencies 3. Feel the Buzz: The Positive Psychological Pay-Off from Exercise 4. Driven to be Thin: Eating Disorders and How They Develop 5. Getting Thin to Win: Athletes Eating Disorders and Exercise Dependence 6. Hooked on Exercise: Personality and Motivation in Primary and Secondary Exercise Dependence 7. 'Can't do Without my Exercise': What Exercise Dependent People say about Themselves and their Dependency 8. Taking Stock: Return to Brown's (1997) Model and Possible Intervention. Appendix: Getting Started with Reversal Theory

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Fit for Consumption

Sociology and the Business of Fitness

Jennifer Smith Maguire, Leicester University, UK



This is the first text to offer a comprehensive socio-cultural and historical analysis of the current fitness culture.

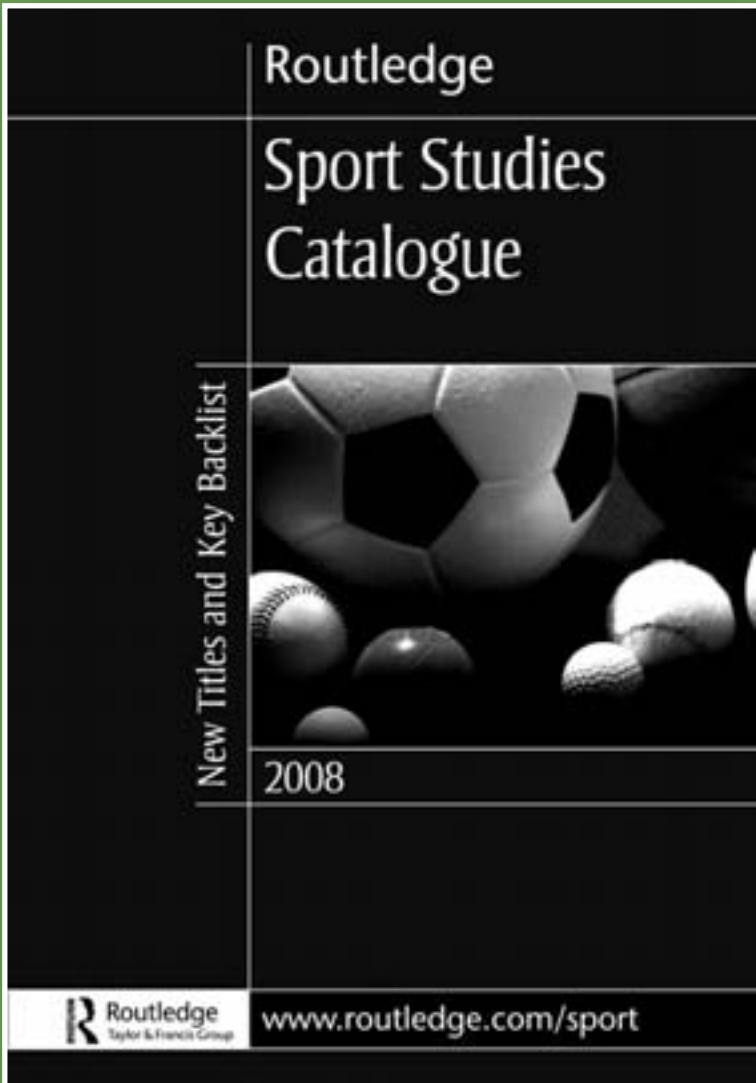
Fitness today is not simply about health clubs and exercise classes, or measures of body mass index and cardiovascular endurance. *Fit for Consumption* conceptualizes fitness as a field within which individuals and institutions may negotiate - if not altogether reconcile - the competing and often conflicting social demands made on the individual body that characterize our current era.

Intended for researchers and senior undergraduate and postgraduate students of sport, leisure, cultural studies and the body, this book utilizes the US fitness field as a case study through which to explore the place of the body in contemporary consumer culture. Combining observations in health clubs, interviews with fitness producers and consumers, and a discourse analysis of a wide variety of fitness texts, this book provides an empirically grounded examination of one of the pressing theoretical questions of our time: how individuals learn to fit into consumer culture and the service economy and how our bodies and selves become 'fit for consumption.'

Selected Contents: 1. Making Sense of Fitness 2. The Roots of Fitness: Physical Culture and Physical Capital 3. Health Clubs: The Stratification of Fitness Sites 4. Fitness Media: An Education in the Fitness Lifestyle 5. Personal Trainers: In the Service of Fitness 6. Lessons from the Fitness Field

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