

Routledge

Sport and Exercise Science

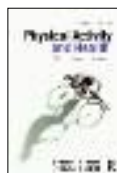
New Titles and Key Backlist



2009

Welcome to the Routledge Sport and Exercise Science Catalog

New Titles & Key Backlist 2009



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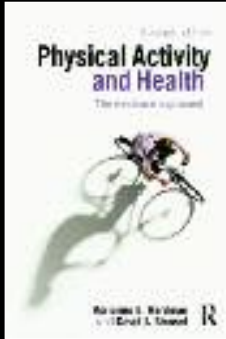
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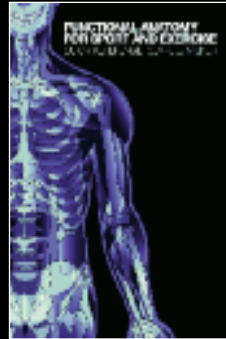
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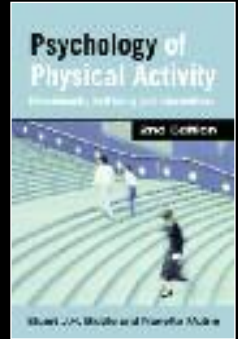
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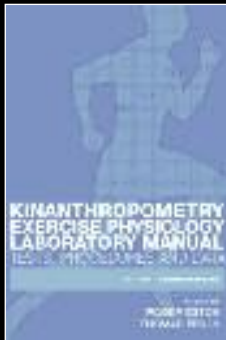
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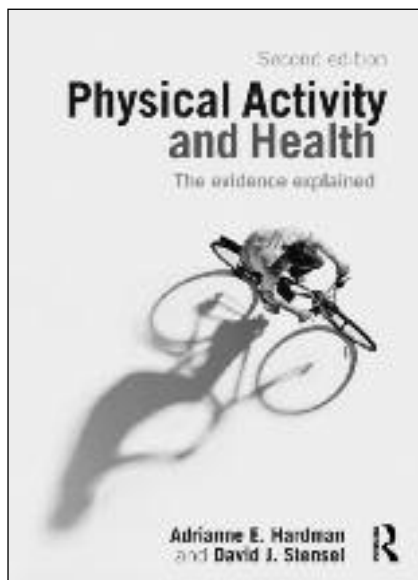
FORTHCOMING FOR 2009

TEXTBOOK

Physical Activity and Health

The Evidence Explained

Adrienne E. Hardman and David J. Stensel, both at Loughborough University, UK

2nd
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 conditions.

Now in a fully updated and revised edition, and still the most complete and engaging textbook on this important subject, *Physical Activity and Health* offers a balanced examination of the very latest evidence linking levels of physical activity with disease and mortality. It offers a wide-ranging assessment of the importance of inactivity as a factor in major diseases and health conditions such as cardiovascular disease, diabetes, obesity, cancer and osteoporosis. The book is designed to help the reader evaluate the quality and significance of the scientific evidence, and includes an invaluable discussion of common study designs and the inherent difficulties of measuring physical activity. It also explores the full range of contemporary themes in the study of exercise and health, such as the hazards of exercise; exercise and the elderly; children's health and exercise, and physical activity and public health policy, and a critical appraisal of current recommendations for physical activity.

Containing useful features throughout, such as chapter summaries, study tasks, guides to supplementary reading and definitions of key terms, and richly illustrated with supporting tables, figures and plates, *Physical Activity and Health* is an essential course text. Now supported by a companion website featuring self-test questions, Powerpoint slides for lecturers, additional learning activities and web links, this book is vital reading for degree-level students of sport and exercise science, public health, physical therapy, medicine and nursing.

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www.routledge.com/textbooks/9780415421980

Visit the companion website for *Physical Activity and Health* at www.routledge.com/textbooks/9780415421980

Selected Contents: **Part 1: Assessing the Evidence** 1. Introduction 2. Nature of the Evidence 3. Physical Activity and Mortality **Part 2: Influence of Physical Activity on the Risk of Disease** 4. Cardiovascular Disease 5. Type 2 Diabetes 6. Obesity 7. Metabolic Syndrome 8. Cancer 9. Skeletal Health **Part 3: Physical Activity in Youth and Old Age** 10. Physical Activity and Children's Health 11. Physical Activity and Ageing **Part 4: Physical Activity: Risks and Opportunities** 12. Hazards 13. Public Health

July 2009: 246 x 174: 384pp
Hb: 978-0-415-45585-5: **\$155.00**
Pb: 978-0-415-42198-0: **\$59.95**
eBook: 978-0-203-89071-4

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FORTHCOMING FOR 2009**Clinical Skills for Exercise Science**

Paul D. Bromley, University of Essex, UK

Clinical Skills for Exercise Science is an accessible and authoritative "how to" guide to laboratory and clinical procedures in exercise physiology. Designed for students and practitioners working in health, medicine and exercise science, the book offers clear, practical advice on how to implement clinical skills with confidence, including authoritative guides to measurement and analysis.

The book introduces the full range of key skills and procedures such as:

- 'Soft skills', including history taking and communication with patients and clients
- basic physical examination
- understanding electrocardiography
- venepuncture and venous cannulation
- interpretation of blood test results, blood gas samples, lung function tests and understanding the chest x-ray
- emergency procedures and resuscitation.

Clinical Skills for Exercise Science is an invaluable practical reference for all sport and exercise students and all professionals involved with patients and clients in a health, clinical or medical setting, including nurses, occupational therapists and physiotherapists.

February 2010: 234 x 156: 210pp
 Hb: 978-0-415-48156-4: **\$140.00**
 Pb: 978-0-415-48159-5: **\$49.95**
 eBook: 978-0-203-88547-5

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FORTHCOMING FOR 2009**Nutritional Concerns in Recreation, Exercise, and Sport**

Judy A. Driskell, University of Nebraska, Lincoln, USA
Ira Wolinsky, Department of Health and Human Performance, University of Houston, Texas, USA

Concise, current, well-referenced, this book addresses the major nutritional concerns of athletes and serious recreationalists. It contains a blend of basic and applied chapters that provide recommendations to increase endurance and enhance performance. Topics include information on energy requirements; central roles of both macronutrients and micronutrients; hydration; weight control; dietary supplements as ergogenic aids; and life cycle concerns. Each chapter summarizes nutritional recommendations, emphasizing practical recommendations. The book provides information on nutrient requirements based on age and level of energy expenditure, allowing for the creation of tailored nutrition plans.

June 2009: 235 x 156: 398pp
 Hb: 978-1-4200-6815-3: **\$119.95**

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FORTHCOMING FOR 2009**Exercise and Eating Disorders**

An Ethical and Legal Analysis

Simona Giordano, University of Manchester, UK

Series: Ethics and Sport

Eating disorders (EDs) have become a social epidemic in the developed world. This book addresses the close links between EDs and exercise, helping us to understand why the "typical" person with an ED exercises to excessive, often harmful, levels. This is also the first book to examine this issue from an ethical and legal perspective, identifying the rights and responsibilities of people with EDs, their families, and the fitness professionals and clinicians that work with them.

The book offers an accessible introduction to EDs and closely examines the concept of addiction. Drawing on a wide range of medical, psychological, physiological, sociological and philosophical sources, the book examines the benefits and risks of exercise for the ED population, explores the links between EDs and other abuses of the body in the sports environment, and addresses the issue of athletes with disordered eating behaviour. Importantly, the book also surveys current legislation and professional codes of conduct that guide the work of fitness professionals and clinicians in this area, and presents a clear and thorough set of case histories and action points to help professionals better understand, and care for, their clients with EDs.

Exercise and Eating Disorders is important reading for students of applied ethics, medical ethics, and the ethics of sport, as well as for fitness professionals, psychiatrists, clinical psychologists, sports coaches, and sport and exercise scientists looking to better understand this important issue.

October 2009: 234 x 156: 240pp
 Hb: 978-0-415-47605-8: **\$140.00**
 Pb: 978-0-415-47606-5: **\$49.95**
 eBook: 978-0-203-88554-3

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FORTHCOMING**Food and Nutrients in Disease Management**

Edited by **Ingrid Kohlstadt**, Johns Hopkins University, Baltimore, Maryland, USA

Nutritional counselling is taking on a larger and larger role in healthcare, especially with the management of chronic conditions and diseases. However, many medical practitioners lack sufficient disease-specific nutrition information and the in-depth understanding that allows them to integrate nutrition into specific treatment plans. Including research on nutrient-drug interactions, nutrient-gene interactions, and disease-specific interactions, this valuable resource incorporates nutritional medicine into clinical practice, emphasizing scientific evidence for whole foods and dietary patterns. Each chapter details how food and nutrition influence pathophysiology, presents relevant clinical information, and offers nutritional interventions and recommendations.

Selected Contents: Conditions of the Ears, Eyes, Nose, and Mouth. Cardiovascular and Pulmonary Conditions. Gastrointestinal Conditions. Endocrine and Renal Conditions. Obesity. Neoplastic Conditions. Infectious Diseases. Neurologic and Mental Disorders. Musculoskeletal Disorders. Reproductive Health. Dermatologic Conditions. Surgery. Nutrition in Medical Practice

January 2009: 254 x 178: 740pp
Hb: 978-1-4200-6762-0: **\$149.95**

FORTHCOMING FOR 2009**Nutrition and Exercise Concerns of Middle Age**

Judy A. Driskell, University of Nebraska, Lincoln, USA



While most books on sports nutrition focus on the professional or competition-level athlete, little research in this area has considered the very health conscious baby boomer generation. Judy Driskell, one of the top experts in sports nutrition, turns her attention in this book to the nutrition needs of the middle-aged athlete. She brings together current research on energy-yielding nutrients, vitamins, minerals, and fluids and hydration. She also

includes information on recreational activities including endurance and strength training exercises, age-related disorders, and public health policies, as well as the role of diet and physical activity in reducing risk and treating age-related diseases.

March 2009: 235 x 156: 504pp
Hb: 978-1-4200-6601-2: **\$119.95**

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 A: Getting Started with Reversal Theory

2007: 234 x 156: 200pp
Hb: 978-0-415-39344-7: **\$150.00**
Pb: 978-0-415-39345-4: **\$47.50**
eBook: 978-0-203-94679-4

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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 behaviors
- eating behaviors
- measuring children's behavior
- 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: 234 x 156: 184pp
Hb: 978-0-415-40883-7: **\$160.00**
Pb: 978-0-415-40884-4: **\$52.95**
eBook: 978-0-203-94597-1

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KEY BACKLIST TITLES

TEXTBOOK

Exercise, Health and Mental Health

Emerging Relationships

Edited by **Guy E.J. Faulkner** and **Adrian H. Taylor**

"It's gratifying to see interest in these important areas mature, and it's about time that someone accumulated the evidence in a way that can help guide practitioners and researchers alike. Well done." – *Rod K. Dishman, University of Georgia, USA*

The first of its kind, this book is written by internationally acclaimed scientists and presents an introduction to the emerging field of exercise as a strategy for mental health promotion, providing a platform for future research and practice.

Selected Contents: 1. Exercise and Mental Health Promotion 2. Physical Activity and Dementia 3. Exercise as an Adjunct Treatment for Schizophrenia 4. Exercise Interventions in Drug and Alcohol Rehabilitation 5. The Role of Exercise in Recovery from Heart Failure 6. Exercise and Psychological Well-Being for Individuals with Human Immunodeficiency Virus (HIV) and Acquired Immunodeficiency Syndrome (AIDS) 7. Exercise and Quality of Life in Cancer Survivors 8. Effects of Exercise on Smoking Cessation and Coping with Withdrawal Symptoms and Nicotine Cravings 9. Physical Activity and Sleep 10. Sport, Social Inclusion and Crime Reduction 11. From Emerging Relationships to the Future Role of Exercise in Mental Health Promotion

2005: 246 x 174: 256pp
Hb: 978-0-415-33430-3: **\$200.00**
Pb: 978-0-415-33431-0: **\$64.95**

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The Obesity Epidemic

Science, Morality and Ideology

Michael Gard and **Jan Wright**

Foreword by Paul Campos

"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*

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.

2004: 234 x 156: 232pp
Hb: 978-0-415-31895-2: **\$180.00**
Pb: 978-0-415-31896-9: **\$52.95**



Routledge Handbook of Biomechanics and Human Movement Science

BESTSELLER

Edited by **Youlian Hong**, Chinese University of Hong Kong, China 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.

Selected Contents: Section 1: Modelling and Simulation of Tissue Load Section 2: Neuromuscular System and Motor Control Section 3: Methodologies and Systems of Measurement Section 4: Engineering Technology and Equipment Design Section 5: Biomechanics in Sports Section 6: Injury, Orthopedics and Rehabilitation Section 7: Health Promotion Section 8: Training, Learning and Coaching

2008: 246 x 174: 624pp
Hb: 978-0-415-40881-3: **\$250.00**

2ND EDITION

Introduction to Sports Biomechanics

Analysing Human Movement Patterns

Roger Bartlett, University of Otago, New Zealand



Introduction to Sports Biomechanics provides a genuinely accessible and comprehensive guide to all of the biomechanics topics covered in an undergraduate sports and exercise science degree.

Now revised and in its second edition, *Introduction to Sports Biomechanics* is full of visual aids to support the text. Every chapter contains cross references to key terms and definitions from that

chapter, learning objectives and summaries, study tasks to confirm and extend your understanding, and suggestions to further your reading.

Clearly structured and with many student friendly features, the text covers:

- movement patterns – exploring the essence and purpose of movement analysis
- qualitative analysis of sports movements
- movement patterns and the geometry of motion
- quantitative measurement and analysis of movement
- force and torques - causes of movement
- the human body and the anatomy of movement.

This new edition is supported by a website containing animation and video clips, and offers sample data tables for comparison and analysis and multiple choice questions to confirm your understanding of the material in each chapter. *Introduction to Sports Biomechanics* is a must have for students of sport and exercise, human movement sciences, ergonomics, biomechanics, and sports performance and coaching.

Visit the companion website for this book at
www.routledge.com/textbooks/9780415339940

Selected Contents: 1. Movement Patterns - The Essence of Biomechanics 2. Qualitative Analysis of Sports Movements 3. More on Movement Patterns - The Geometry of Motion 4. Quantitative Analysis of Movement 5. Causes of Movement - Forces and Torques 6. The Anatomy of Human Movement
2007: 246 x 174: 320pp
Hb: 978-0-415-33993-3: **\$160.00**
Pb: 978-0-415-33994-0: **\$56.95**
eBook: 978-0-203-46202-7

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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.

July 2008: 246 x 174: 160pp
 Hb: 978-0-415-43296-2: **\$130.00**
 Pb: 978-0-415-43297-9: **\$34.95**
 eBook: 978-0-203-88620-5

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FORTHCOMING FOR 2009**Projectile Dynamics in Sport**

Principles and Applications

Colin White, ExPERT Centre, Portsmouth University, UK

February 2010: 234 x 156: 352pp
 Hb: 978-0-415-47331-6: **\$175.00**
 Pb: 978-0-415-47332-3: **\$69.95**
 eBook: 978-0-203-88557-4

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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*

Published in association with the British Association of Sport and Exercise Sciences, this 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. The book covers the following important topics in detail:

- 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 Roger Bartlett, Carl Payton, Vasilios (Bill) Baltzopoulos, Adrian Burden, John H. Challis, and computer modelling maestro Fred Yeadon.

Visit the companion website at
www.routledgesport.com/bases

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: 246 x 174: 232pp
 Hb: 978-0-415-43468-3: **\$170.00**
 Pb: 978-0-415-43469-0: **\$56.95**
 eBook: 978-0-203-93575-0

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KEY BACKLIST TITLES

Sports Biomechanics

Reducing Injury and Improving Performance

Roger Bartlett, University of Otago, New Zealand

This advanced text is the companion volume to *Introduction to Sports Biomechanics*, also written by Roger Bartlett. It focuses on third year undergraduate and postgraduate topics and considers the key issues of sports biomechanics.

1999: 246 x 189: 296pp

Hb: 978-0-419-24810-1: **\$220.00**Pb: 978-0-419-18440-9: **\$74.95**

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Instant Notes in Sport and Exercise Biomechanics

Paul Grimshaw, University of South Australia, Australia,
Neil Fowler, Manchester Metropolitan University, UK,
Adrian Lees, Liverpool John Moores University, UK and
Adrian Burden, Manchester Metropolitan University, UK

Series: Instant Notes

Instant Notes Sport and Exercise Biomechanics provides a comprehensive overview of the key concepts in exercise and sport biomechanics. The kinematics of motion are reviewed in detail, outlining the physics of motion. Mechanical characteristics of motion, the mechanisms of injury, and the analysis of the sport technique provides a source of valuable information.

Selected Contents: A. Kinematics of Motion B. Kinetics of Linear Motion C. Kinetics of Angular Motion D. Special Topics E. Applications F. Measurement Techniques. Appendices. Index

2006: 246 x 174: 392pp

Pb: 978-1-85996-284-8: **\$35.95****International Research in Sports Biomechanics**

Edited by Youlian Hong

This edited collection of papers presented at the eighteenth International Symposium of Biomechanics in Sport, highlights cutting-edge research material on sports biomechanics from many of the leading international academics in the field.

The thirty-seven chapters presented are divided into nine sections:

- biomechanics of fundamental human movement
- modelling, simulation and optimisation
- biomechanics of the neuro-musculo-skeletal system
- sports injuries, orthopaedics and rehabilitation
- the application of electromyography in movement studies
- biomechanical analysis of the internal load
- methods and instrumentation
- training
- paediatric and geriatric exercise.

2002: 234 x 156: 352pp

Hb: 978-0-415-26230-9: **\$260.00****Kinanthropometry X**

Proceedings of the 10th International Society for the Advancement of Kinanthropometry Conference, Held in Conjunction with the 13th Commonwealth International Sport Conference

Edited by Mike Marfell-Jones, Universal College of Learning, New Zealand and Tim Olds, University of South Australia, Australia

2007: 234 x 156: 272pp

Hb: 978-0-415-43470-6: **\$170.00**

eBook: 978-0-203-94474-5

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BESTSELLER



Psychology of Physical Activity

Determinants, Well-Being and Interventions

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



In today's urbanized 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.

Visit the companion website for this book at: www.routledge.com/textbooks/9780415366656

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: 246 x 174: 448pp

Hb: 978-0-415-36664-9: **\$170.00**

Pb: 978-0-415-36665-6: **\$57.50**

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2ND EDITION

Sport and Exercise Psychology: The Key Concepts

Ellis Cashmore, Staffordshire University, UK

Series: *Routledge Key Guides*



Now including exercise psychology terms for the first time in its new edition, *Sport and Exercise Psychology: The Key Concepts* offers a highly accessible introduction to this fascinating subject, its central theories and state-of-the-art research. Over 300 alphabetically-ordered entries cover such diverse terms as: adherence; aggression; emotion; exercise dependence; home advantage; kinesiphobia; left-handedness; motivation; retirement and self-confidence.

Cross-referenced, with suggestions for further reading and a full index, this latest key guide contains invaluable advice on the psychology of sport and exercise. A comprehensive A-Z guide to a fast-moving field of inquiry, this book is an essential resource for scholars, coaches, trainers, journalists, competitors, exercisers; in fact anyone associated with sport and exercise.

Selected Contents: Anorexia Nervosa. Extreme Sports. Fear of Failure. Giftedness. Group Orientation. Focus. Halo Effect. Integrated regulation. Kinesthesia. Metacognition. Motor Reaction. Self-actualization. Trans-gender. Yerkes-Dodson Law. Weight-control. Yoga

2008: 216 x 138: 528pp

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Sport Psychology

Performance Enhancement, Performance Inhibition, Individuals, and Teams

Nicholas T. Gallucci, Western 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

2008: 7 x 9-1/4: 592pp

Hb: 978-1-84169-485-6: **\$90.00**

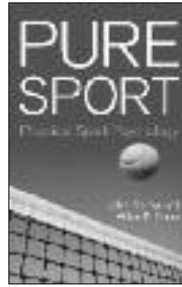
Pb: 978-1-84169-486-3: **\$44.95**

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Pure Sport

Practical Sport Psychology

John Kremer, School of Psychology, Queen's University of Belfast, Ireland and **Aidan P. Moran**



Pure Sport: Practical Sport Psychology explains in everyday language the whys and wherefores of contemporary sport psychology - pinpointing what works and what doesn't when it comes to performance enhancement.

As the title suggests, *Pure Sport* goes back to basics by highlighting practical concerns for those who are involved with competitive sport at every level - from junior club to international élite. Drawing on their

considerable experience as both academic researchers and applied sport psychologists, the authors present a powerful array of techniques for channelling and harnessing mental skills with the goal of improving sporting performance. The interventions that they describe have all been tried and tested in competitive settings, but here, for the first time, the psychological techniques underlying them are brought together in a single volume that uniquely blends sound theory with good practice.

Liberal sprinkled with practical examples, evocative photographs and clear diagrams, *Pure Sport* is essential reading for anyone with an active involvement or interest in sport. It will help coaches, teams and sports people alike to develop their mental edge and so realise their true potential in sport and through sport.

2008: 246 x 174: 264pp

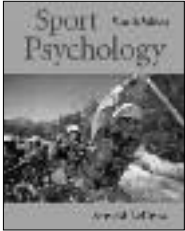
Hb: 978-0-415-39557-1: **\$49.95**

Pb: 978-0-415-39558-8: **\$23.95**

4TH EDITION

Sport Psychology

Arnold LeUnes, Texas A&M University, USA



"The quality of the scholarship in this text is outstanding. No other textbook in the field is so extensively researched. A related strength of the book is the systematic method used to explain ideas from general to specific. The book is noted for its clarity and broad range of information. It can be used at a variety of levels - both undergraduate and graduate - and is so well referenced. The chapter lengths, clarity of writing, and use of examples/figures/graphs/summaries make this the best text in the field for a course in sport psychology." – Brian J. Wigley, Chair, Department of Kinesiology, Shenandoah University, USA

"There is more information packed into this book than any of its rivals in the sport-psychology textbook market, with the author's expertise in psychology and passion for sport permeating the book. The summaries and annotated bibliographies at the end of each chapter are particularly strong features. It is arguably the most suitable textbook for an introductory sport psychology course aimed at students who are on psychology degrees or who are non-majors in sports-related degrees. For students and teachers of psychology courses related to sports science and coaching, the quantity and quality of material related to sports coaching will be appealing." – Simon Jenkins, *International Journal of Sports Science & Coaching*, Volume 3

This new, updated, fourth edition of Arnold LeUnes's textbook has comprehensive coverage of sport psychology with a healthy balance between theory and application. The strong applied approach is emphasized throughout but is essentially apparent in the second half of the book.

The book features a strong pedagogical program including interesting applied vignettes, chapter outlines, emboldened key terms with glossary, very thorough chapter summaries, student-oriented suggested readings, and numerous tables and figures to visually summarize the key concepts. The book's shorter chapters make it easier to assign one per class.

In addition, a website of supplemental resources - www.psypress.com/sport-psychology-leunes - free of charge for instructors and students, makes this new edition even more accessible and student-friendly.

Selected Contents: Preface **Part One: Introducing Sport Psychology and Sport History** An Introduction to Sport Psychology. Professional Issues in Sport Psychology. Sport History: Antiquity Through the Renaissance and the Age of Enlightenment. History of Sport and Sport Psychology in the United States. **Part Two: Behavioral Principles and Applications** Behavioral Principles. Anxiety and Arousal. Anxiety Reduction: Classical Conditioning and Operant Learning Applications. Anxiety Reduction: Cognitive Learning Techniques. **Part Three: Social Psychological Dimensions** Motivation: Attribution Theory and Need Achievement. Motivation: Locus of Control and Self Theory. Social Psychology of Sport: Leadership and Group Cohesion. Social Psychology of Sport: Audience Effects. Aggression: Dimensions and Theories. Aggression: Violence in Selected Sport Populations. **Part Four: Personality, Assessment, and Special Athletic Populations** Personality and Psychological Assessment. Psychological Assessment in Sport Psychology. Minority Athletes. High-Risk Sport/The Elite Athlete. Athletes With Disabilities/Injured Athletes. Doping in Sports. The Female Sport Experience: Historical and Physiological Issues. The Female Sport Experience: Sport Socialization, Psychological Variables, and Other Issues. Youth Sport: Motives for Participating and Withdrawing. Youth Sport: Stress and Other Issues. **Part Five: Coaching and Exercise** The Coach: Roles, Communication, and Psychological Variables. Youth, Female, and Black Coaches: Coaching Burnout. Exercise Psychology: Physical Fitness, Adherence, and Cognitive and Affective Benefits. Exercise Psychology: Running Addictions and Exercise for Senior Citizens. Glossary

June 2008: 8" x 10": 680pp

Hb: 978-0-8058-6266-9: **\$74.95**• **AVAILABLE AS A COMPLIMENTARY COPY**

FORTHCOMING**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 aims to bridge the gap between research and practice in contemporary sport psychology. The book draws together reviews of cutting edge research in key areas of applied sport psychology, assesses the implications of this research for current practice, and explores future avenues of research within each thematic area.

The book surveys the scientific literature underpinning the most important skills and techniques employed in contemporary sport psychology, examining key topics such as:

- imagery
- goal setting
- self-talk
- stress management
- team building
- efficacy management
- attention control
- emotion regulation
- mental toughness

Representing the most up-to-date review of current scientific research, theory and practice in sport psychology, this book is a vital resource for all advanced students, researchers and practitioners working with athletes and sports performers.

Selected Contents: 1. Imagery Interventions in Sport 2. A Framework for the Study and Application of Self-talk within Sport 3. The Application of Goal Setting in Sport 4. Stress Management in Applied Sport Psychology 5. Getting a Grip on Emotion Regulation in Sport: Conceptual Foundations and Practical Application 6. Attention in Sport 7. A Review of Self-efficacy based Interventions 8. Letting the Social and Cognitive Merge: New Concepts for an Understanding of Group Functioning in Sport 9. Mental Toughness in Sport: Conceptual and Practical Issues

November 2008: 234 x 156: 368pp
Hb: 978-0-415-44763-8: **\$170.00**
eBook: 978-0-203-88707-3

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 behavior in sport and exercise settings is embedded within groups where individuals' cognitions, emotions, and behaviors 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: 246 x 174: 224pp

Hb: 978-0-415-42664-0: **\$170.00**

Pb: 978-0-415-42665-7: **\$53.95**

eBook: 978-0-203-93798-3

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FORTHCOMING FOR 2009**Mental Toughness**

The Mindset Behind Sporting Achievement

Michael Sheard, York St. John College, University of Leeds, UK

Mental toughness is one of the most ubiquitous terms used in sport - by athletes, coaches, owners, and spectators, and also by the print and broadcast media - however, it is also one of the least understood terms. *Mental Toughness: The Mindset Behind Sporting Achievement* provides a definitive and readable overview of the area, and takes the reader to the frontiers of mental toughness research.

The book introduces the historical conceptual arguments behind mental toughness research, and looks at the characteristics and development of mentally tough sport performers. It suggests that mental toughness is a personality style and mindset, presenting a case for its inclusion within the positive psychological paradigm. The book also explores various measures of mental toughness and their psychometric properties, and considers cultural and national perspectives as well as the possibility of mental toughness heredity. Sheard exposes the development and maintenance of mental toughness as a factor for successful sport and life performance, and discusses the possibilities for future research on the subject.

This book is unique in considering the idea of mental toughness as an "achievement mindset" and is an invaluable resource for sport and exercise psychology and science students and lecturers. It also provides an important reference for sport participants, coaches, and enthusiasts.

September 2009: 216 x 138: 136pp
Hb: 978-0-415-49109-9: **\$52.00**
Pb: 978-0-415-49110-5: **\$25.00**

KEY BACKLIST TITLES**Physical Activity and Psychological Well-Being**

Edited by **Stuart J.H. Biddle, Ken Fox and Steve Boutcher**

This book was commissioned by Somerset Health Authority to provide an updated overview of the case for exercise and mental health promotion.

2000: 234 x 156: 224pp
Hb: 978-0-415-23481-8: **\$180.00**
Pb: 978-0-415-23439-9: **\$64.95**

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Sport and Exercise Psychology

A Critical Introduction

Aidan P. Moran

"Sport and Exercise Psychology is a reference book that explains the theory and practice of helping athletes do their best when it matters most." – *Golfing, Union of Ireland Official Magazine, April/May 2004*

"Aidan Moran succeeds admirably in the integration of scientific substance with real-sport examples and reference to many famous athletes and coaches. This is not merely another textbook in sport and exercise psychology. Aidan Moran has produced a book with attention to substance, communication style, organization and structure, and reader interest. Who says that academic reading cannot be enlightening as well as enjoyable?" – *Robert N. Singer, University of Florida, USA*

Aidan Moran provides the first textbook to combine an explanation of the theoretical foundations of sport and exercise psychology with critical reviews of contemporary research, and practical suggestions for relevant independent research projects.

2003: 246 x 174: 368pp
Hb: 978-0-415-16808-3: **\$78.95**
Pb: 978-0-415-16809-0: **\$35.00**



KEY BACKLIST TITLES CONTINUED...

Instant Notes in Psychology

I.P. Christensen, Hugh L. Wagner and
Sebastian Halliday

Series: Instant Notes

"The diagrams have been thoughtfully designed to be easy for the student to reproduce ... The book has a real and valuable role to play in providing an overview of key topics before students turn to the more complete explanations provided by traditional textbooks." – *LTSN Psychology website*
www.psychology.ltsn.ac.uk

Instant Notes in Psychology contains the fundamental topics that are essential to the student. Each topic begins with a Key Notes panel containing concise summaries of the key points covered, which are expanded in the main text of the topic.

2000: 244 x 171: 328pp
Pb: 978-1-85996-097-4: **\$35.95**

Existential Psychology and Sport

Theory and Application

Mark Nesti

This book offers a radical alternative to the cognitive and cognitive-behavioral approaches that have dominated sport psychology, and represents the first systematic attempt to apply existential psychological theory and phenomenological method to sport psychology.

2004: 234 x 156: 160pp
Hb: 978-0-415-28142-3: **\$170.00**
Pb: 978-0-415-39324-9: **\$49.95**

Rethinking Aggression and Violence in Sport

John H. Kerr

"If the only goal that this book achieved was to throw down the gauntlet and challenge our field to look closer at the problem of violence in sport, then it would have been a tremendous success. John Kerr does this and much more ... [he] dares to go where predecessors would not ..." – *Mitch Abrams, Journal of Applied Sport Psychology*

"[Kerr] deftly explains the complexities of reversal theory, a general psychological theory of motivation, and applies it to a myriad of different sporting situations with a clarity born of conviction ... this exciting and illuminating book should be read by all psychologists for its fascinating insights into aggression and violence." – *Dr Michael Ford, www.thepsychologist.org.uk, May 2005*

This book explores the psychological aspects of aggression and violence to try and understand what motivates a player to embrace aggressive and violent behavior, and to explore some of the moral and behavioral issues that surround the topic.

2004: 234 x 156: 176pp
Hb: 978-0-415-28663-3: **\$180.00**
Pb: 978-0-415-28664-0: **\$57.70**

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FORTHCOMING

3RD EDITION

TEXTBOOK

Kinanthropometry Laboratory Manual

Tests, Procedures and Data

Edited by **Roger Eston**, Exeter University, UK and **Tom Reilly**, Liverpool John Moores University, UK

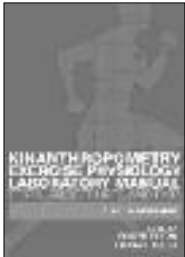
Kinanthropometry is the study of human body size, shape and form and how those characteristics relate to human movement and sporting performance. In this fully updated and revised edition of the classic guide to kinanthropometric theory and practice, leading international sport and exercise scientists offer a clear and comprehensive introduction to essential principles and techniques.

Each chapter guides the reader through the planning and conduct of practical and laboratory sessions and includes a survey of current theory and contemporary literature relating to that topic. The book is fully illustrated and includes worked examples, exercises, research data, chapter summaries and guides to further reading throughout.

The *Kinanthropometry and Exercise Physiology Laboratory Manual* is essential reading for all serious students and researchers working in sport and exercise science, kinesiology and human movement.

Kinanthropometry and Exercise Physiology Laboratory Manual: Tests, Procedures and Data

Volume One: Anthropometry



Selected Contents: Part 1: Body Composition, Proportion and Growth: Implications for Health and Performance 1. Human Body Composition *R. Eston, M.R. Hawes, A. D. Martin and T.P. Reilly* 2. Somatotyping *W. Duquet and J.E.L. Carter* 3. Physical Growth, Maturation and Performance *G. Beunen* **Part 2: Goniometric Aspects of Movement** 4. Posture *P.H. Dangerfield* 5. Flexibility *P. Van Roy*

and *J. Borms* **Part 3: Assessment of Physical Activity and Performance** 6. Field Methods of Assessing Physical Activity and Energy Balance *A.V. Rowlands* 7. Assessment of Performance in Team Games *T. Reilly* 8. Special Considerations for Assessing Performance in Young Children *A. Barker, C. Boreham, E. Van Praagh and A.V. Rowlands* **Part 4: Special Considerations** 9. Anthropometry and Body Image *T.S. Olds* 10. Statistical Methods in Kinanthropometry and Exercise Physiology *A.M. Nevill, G. Atkinson and M.A. Scott* 11. Scaling: Adjusting for Differences in Body Size *E.M. Winter and A.M. Nevill*

October 2008: 246 x 174: 352pp
Hb: 978-0-415-43721-9: **£190.00**
Pb: 978-0-415-43720-2: **\$59.95**

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October 2008
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2ND EDITION

Sport and Exercise Physiology Testing Guidelines



The British Association of Sport and Exercise Sciences Guide

Edited by **Andrew M. Jones**, University of Exeter, UK,
Edward M. Winter, Sheffield Hallam University, UK,
R.C. Richard Davison, Napier University, UK,
Paul D. Bromley, University of Essex, UK and
Tom Mercer, Queen Margaret University College,
Edinburgh, UK

Series: BASES Sport and Exercise Science

Sport and exercise physiologists are called upon to carry out physiological assessments that have proven validity and reliability, both in sport-specific and health-related contexts. A wide variety of test protocols have been developed and refined. This book is a comprehensive guide to these protocols and to the key issues relating to physiological testing.

Volume One covers sport-specific testing, and Volume Two, clinical and exercise testing.

With contributions from many leading specialist physiologists, and covering a wide range of mainstream sports, special populations, and ethical, practical and methodological issues, these volumes represent an essential resource for sport-specific and clinical exercise testing in both research and applied settings.

Visit the companion website at
www.routledgesport.com/bases

2006

Hb: 978-0-415-37967-0: **\$290.00**Pb: 978-0-415-37968-7: **\$100.00**

Sport and Exercise Physiology Testing Guidelines Volume I: Sport Testing

The British Association of Sport and Exercise Sciences Guide



2006: 246 x 174: 384pp

Hb: 978-0-415-36140-8: **\$210.00**Pb: 978-0-415-36141-5: **\$56.95**

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

The British Association of Sport and Exercise Sciences Guide



2006: 246 x 174: 288pp

Hb: 978-0-415-37965-6: **\$200.00**Pb: 978-0-415-37966-3: **\$56.95**

FORTHCOMING FOR 2009**Human Muscle Fatigue**

Edited by **Craig Williams**, Exeter University, UK and **Sébastien Ratel**, University Blaise Pascal, France

When human muscle fatigues, athletic performance becomes impaired. For those individuals suffering muscle or metabolic diseases the effects of muscle fatigue can make everyday tasks difficult. Understanding the scientific processes responsible for skeletal muscle fatigue is therefore central to the study of the physiology of sport, exercise and health.

Written by a team of leading international exercise scientists, this book explores the mechanisms of muscle fatigue and presents a comprehensive survey of current research on this important topic. Examining the wide variety of protocols, assessment methods and exercise models used to study muscle fatigue, the book explores the differential effects of fatigue as influenced by:

- age
- gender
- fitness and training
- the use of ergogenic aids
- medical conditions including cerebral palsy, muscular dystrophy and glycolysis.

Human Muscle Fatigue covers both clinical and applied approaches in sport and exercise physiology and devotes an entire section to the conceptual framework underpinning research in this area, helping readers from a wide range of backgrounds to engage with the topic. Accessible and detailed, this book is a key text for students and practitioners working in exercise and sports science, medicine, physical therapy and health.

July 2009: 234 x 156: 320pp
 Hb: 978-0-415-45327-1: **\$155.00**
 Pb: 978-0-415-45328-8: **\$59.95**
 eBook: 978-0-203-88548-2

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Children and Exercise XXIV

The Proceedings of the 24th Pediatric Work Physiology Meeting

Edited by **Toivo Jurimae**, University of Tartu, Estonia, **Neil Armstrong**, Exeter University, UK and **Jaak Jurimae**, University of Tartu, Estonia

Children and Exercise XXIV presents the latest scientific research into paediatric exercise physiology, endocrinology, kinanthropometry, growth and maturation, and youth sport. Including contributions from a wide-range of leading international experts, the book is arranged into six thematic sections addressing:

- children's health and well-being
- physical activity patterns
- exercise endocrinology
- elite young athletes
- aerobic and anaerobic fitness
- muscle physiology.

Offering critical reviews of current topics and reports of current and on-going research in paediatric health and exercise science, this is a key text for all researchers, teachers, health professionals and students with an interest in paediatric sport and exercise science, sports medicine and physical education.

The papers contained within this volume were first presented at the 24th Pediatric Work Physiology meeting, held in Tallinn, Estonia, in September 2007

2008: 234 x 156: 288pp
 Hb: 978-0-415-45147-5: **\$170.00**

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KEY BACKLIST TITLES

Instant Notes in Sport and Exercise Physiology

Karen Birch, Keith George and Don McLaren

Series: Instant Notes

Instant Notes in Sport and Exercise Physiology looks at the key topics in exercise physiology and examines how each of the physiological systems responds to acute and chronic exercise.

2004: 244 x 171: 224pp
Pb: 978-1-85996-249-7: **\$35.95**

4TH EDITION**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: 234 x 156: 432pp
Hb: 978-0-415-37563-4: **\$180.00**
Pb: 978-0-415-37564-1: **\$64.95**

Key Topics in Sports Medicine

Edited by A.A. Narvani, P. Thomas and B. Lynn, all at University College London, UK

2006: 234 x 156: 336pp
Hb: 978-0-415-41122-6:
Pb: 978-1-84184-441-1:

Instant Notes in Human Physiology

Daniel McLaughlin, University of Nottingham, UK, Jonathan Stamford, The Open University, UK and David White, University of Nottingham, UK

Series: Instant Notes

Instant Notes in Human Physiology will be valuable to students in whatever context they are studying physiology. It explains fundamental concepts and the major physiological systems, showing how they are integrated, without overloading the reader with information.

2006: 246 x 174: 410pp
Pb: 978-0-415-35546-9: **\$35.95**

Food, Nutrition and Sports Performance II

The International Olympic Committee Consensus on Sports Nutrition

Edited by Ron Maughan, L.M. Burke and E.F. Coyle

This volume presents edited papers from the IOC Conference on Sports Nutrition held in Lausanne, Switzerland in June 2003, and represents cutting edge research in sports nutrition from leading experts all over the world.

2004: 234 x 156: 256pp
Hb: 978-0-415-33906-3: **\$190.00**
Pb: 978-0-415-33907-0: **\$56.95**

Nutrition and Football

The FIFA/FMARC Consensus on Sports Nutrition

Edited by Ron Maughan, Loughborough University, UK

Nutrition and Football is a FIFA endorsed book which provides the first formal scientific consensus on players' energy use fluid, and optimal nutritional requirements. Including: nutrition for pre-season, training, match play and in different climates; analysis of the energy and metabolic demands of players in different positions; water and electrolyte requirements; strategies to balance effects of stress, over training and over playing; ideal body composition in professional football; analysis and interventions to counter late game fatigue; supplements and nutrition for optimum training adaptation and the effects of alcohol on metabolism, performance and general health.

Each contributor to this accessible guide is an internationally recognized expert in their field and the chapters embrace all key aspects of nutrition for football. Presenting cutting-edge research, the book has a practical and applied focus and has been developed with input from practicing sports nutrition club professionals.

2006: 234 x 156: 256pp
Hb: 978-0-415-41229-2: **\$170.00**

Oxygen Uptake Kinetics in Sport, Exercise and Medicine

Andrew M. Jones and David C. Poole

This edited book features contributions from leading researchers in the field, providing a detailed overview of the current state of knowledge in the field.

2004: 234 x 156: 432pp
Hb: 978-0-415-30560-0: **\$180.00**
Pb: 978-0-415-30561-7: **\$64.95**

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



An athlete's development from "ordinary" talent to elite accomplishment in sport is a long one. The emergence and fine tuning of high level sport skills takes place in increments over many years and is a journey that fascinates sport scientists, sports coaches and sports fans alike.

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 3. Does Practice Make Perfect?: The Role of Training in Developing the Expert Athlete 4. The Motivation to Become an Expert Athlete: How Coaches can Promote Long-Term Commitment 5. Identifying and Developing Sporting Experts

Section 2: Desining Practice to Make Athletes Think - (But Not Too Much)! 6. Expert Coaches in Action 7. Skill Learning the Implicit Way: Say No More! 8. Performance Pressure and Paralysis by Analysis: Research and Implications 9. Organising Practice: The Interaction of Repetition and Cognitive Effort for Skill Performance **Section 3: Through the Eyes and Thoughts of an Expert** 10. A Recipe for Expert Decision Making 11. Tactics: Using Knowledge to Enhance Sport Performance 12. The Sports Official in Research and Practice 13. The Past and Future of Applied Sport Expertise Research

2007: 246 x 174: 240pp

Hb: 978-0-415-77186-3: **\$160.00**

Pb: 978-0-415-77187-0: **\$49.95**

• AVAILABLE AS A COMPLIMENTARY COPY

Instant Notes in Motor Control, Learning and Development

Andrea Utley, University of Leeds, UK and **Sarah Astill**, University of Southampton, UK

Series: Instant Notes



Instant Notes in Motor Control, Learning and Development provides an overview of how the brain and nervous system control movement, and how new movements are learned and improved. The early chapters set the scene by defining the field and discussing the measurement of movement. This leads to chapters that explain how we control movement and learn to control movement. The final section

considers the development of motor skills. The topics covered in this text provide foundation knowledge that is vital for any individual who is working in the movement context as a teacher, coach, or therapist. Each chapter can be read in isolation but links are made and related topics highlighted.

Due to the wide range of information contained in the book, it will be relevant to students studying all sports-related courses, including sport coaching courses.

2008: 246 x 174: 244pp

Pb: 978-0-415-39139-9: **\$35.95**

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Email: **gemma-kate.hartley@tandf.co.uk**



KEY BACKLIST TITLES

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.

2006: 234 x 156: 160pp
Hb: 978-0-415-34935-2: **\$170.00**
Pb: 978-0-415-34936-9: **\$52.95**

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: 234 x 156: 464pp
Hb: 978-0-415-27074-8: **\$190.00**
Pb: 978-0-415-27075-5: **\$64.95**

Development of Movement Coordination in Children

Applications in the Field of Ergonomics, Health Sciences and Sport

Edited by **Geert Savelsbergh**, **Keith Davids**, **John van der Kamp** and **Simon J. Bennett**

2003: 234 x 156: 288pp
Hb: 978-0-415-24736-8: **\$190.00**
Pb: 978-0-415-24737-5: **\$64.95**

Visual Perception and Action in Sport

Edited by **Keith Davids**, **A. Mark Williams** and **John G. Williams**

This book provides a detailed review of much of the existing research on visual perception and sports performance. It summarizes and integrates the findings of up to five hundred articles from areas as diverse as cognitive and ecological psychology.

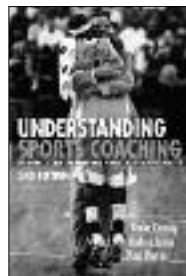
1999: 234 x 156: 464pp
Hb: 978-0-419-24800-2: **\$180.00**
Pb: 978-0-419-18290-0: **\$74.95**

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



Successful sports coaching is as dependent on utilizing good teaching and social practices as it is about expertise in sport skills and tactics. *Understanding Sports Coaching* offers an innovative introduction to the theory and practice of sports coaching, highlighting the social, cultural and pedagogical concepts underpinning good coaching practice. Now in a fully revised and updated new edition, the book explores 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 addresses key issues such as:

- power and the coach-athlete relationship
- viewing the athlete as a learner
- instructional methods and reflection
- how our view of ability informs assessment
- coaching philosophy and ethics.

Understanding Sports Coaching also includes a full range of practical exercises and case studies designed to encourage coaches to reflect critically upon their own coaching strategies, their interpersonal skills and upon important issues in contemporary sports coaching. This book is essential reading for all students of sports coaching and for any professional coach looking to develop their coaching expertise.

Selected Contents: Introduction **Section 1:** 1. Reflection 2. Instructional Methods and Pedagogical Strategies 3. Quality in Coaching 4. Developing a Coaching Philosophy **Section 2:** 5. Learning and Development 6. 'Developing' Athletes 7. Understanding Athletes' Identities **Section 3:** 8. The Discourse of Coaching 9. Examining Coaches' Content Knowledge 10. Assessment and Ability in Coaching **Section 4:** 11. Coaching Ethics 12. Theory, Practice and Professionalism in Coaching 13. Power and the Coach-athlete Relationship

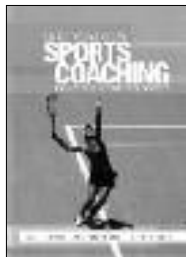
2008: 234 x 156: 232pp
Hb: 978-0-415-44271-8: **\$160.00**
Pb: 978-0-415-44272-5: **\$59.95**

• AVAILABLE AS A COMPLIMENTARY COPY

TEXTBOOK**An Introduction to Sports Coaching**

From Science and Theory to Practice

Edited by **Robyn L. Jones, Mike Hughes** and **Kieran Kingston**, all at 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: 246 x 174: 184pp

Hb: 978-0-415-41130-1: **\$160.00**

Pb: 978-0-415-41131-8: **\$49.95**

- **AVAILABLE AS A COMPLIMENTARY COPY**

FORTHCOMING**Foundations of Sports Coaching**

Paul Robinson, University of Chichester, UK

Athletes and sports people at all levels rely on their coaches for advice, guidance and support. *Foundations of Sports Coaching* is a comprehensive introduction to the practical, vocational and scientific principles that underpin the sports coaching process. It provides the student of sports coaching with all the skills, knowledge and scientific background they will need to prepare athletes and sports people technically, tactically, physically and mentally. With practical coaching tips, techniques and tactics highlighted throughout, the book covers all the key components of a foundation course in sports coaching, including:

- the development of sports coaching as a profession
- coaching styles and technique
- planning and management
- basic principles of anatomy, physiology, biomechanics, and psychology
- fundamentals of training and fitness
- performance analysis
- reflective practice in coaching.

Including international case-studies throughout and examples from top-level sport in every chapter, *Foundations of Sports Coaching* helps to bridge the gap between coaching theory and practice. This book is essential reading for all students of sports coaching and for any practising sports coach looking to develop and extend their coaching expertise.

April 2010: 246 x 174: 224pp

Hb: 978-0-415-46971-5: **\$140.00**

Pb: 978-0-415-46972-2: **\$49.95**

- **AVAILABLE AS A COMPLIMENTARY COPY**

FORTHCOMING FOR 2009**Strength and Conditioning for Team Sports**

Sport-Specific Physical Preparation for High Performance

Paul Gamble, Heriot Watt University, UK

The only book to focus on sport-specific techniques for team sports, it introduces the core science underpinning any strength and conditioning regime and explores innovative new approaches combining the best of applied physiology, biomechanics, sports medicine and coaching science.

October 2009: 246 x 174: 288pp

Hb: 978-0-415-49626-1: **\$166.00**

Pb: 978-0-415-49627-8: **\$59.95**

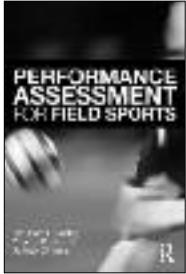
eBook: 978-0-203-87828-6

- **AVAILABLE AS A COMPLIMENTARY COPY**



FORTHCOMING**Performance Assessment for Field Sports**

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



What are the most effective tools, techniques and technologies available to coaches and sport scientists in the assessment of player and team performance?

This is the first book dedicated to the assessment of performance in field sports such as soccer, rugby, hockey and lacrosse. It provides detailed and clear information about the laboratory and field-based methods that can be used to

evaluate improvements in individual and team performance, from basic physiological assessment to the use of video and information technologies.

Standing at the interface between sport sciences and sport coaching, the book examines a wide range of performance criteria, including:

- physiology
- strength, conditioning and fitness
- decision-making
- coordination and motor skills
- sport specific skills
- team play.

Integrating cutting-edge theory, research and technology with best practice in applied sport science, this book is important reading for all students of sport sciences, kinesiology, human movement science, sports performance, or sports coaching.

Selected Contents: 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

November 2008: 234 x 156: 240pp
Hb: 978-0-415-42684-8: **£170.00**
Pb: 978-0-415-42685-5: **£49.95**

• **AVAILABLE AS A COMPLIMENTARY COPY**

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 Contests: 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: 234 x 156: 344pp
Hb: 978-0-415-42379-3: **£150.00**
Pb: 978-0-415-42380-9: **£49.95**

• **AVAILABLE AS A COMPLIMENTARY COPY**

FORTHCOMING**Sport, Technology and the Body**

The Nature of Performance

Tara Magdalinski, University College Dublin, Ireland



What is the nature of athletic performance? This book offers an answer to this fascinating question by considering the relationship between sport, technology and the body. Specifically, it examines cultural resistance to the enhancement of athletes and explores the ways in which performance technologies complicate and confound our conception of the sporting body.

The book addresses concerns about the technological "invasion" of the "natural" body to investigate expectations that athletic performances reflect nothing more than the actual capacity of the untainted athlete. By examining a series of case studies, including Paralympic sprinter Oscar Pistorius, Fastskin swimsuits, hypoxic chambers and an array of illicit substances and methods, the book distinguishes between internal and external technologies to highlight the ways that performance enhancement, and public reaction to it, can be read.

Sport, Technology and the Body offers a powerful challenge to conventional views of athletic performance that stand authenticity against artifice, integrity against corruption, and athletic purity against technological intrusion. It is essential reading for all serious students of the sociology, culture or ethics of sport.

2008: 234 x 156: 200pp
Hb: 978-0-415-37877-2: **\$150.00**
Pb: 978-0-415-37876-5: **\$45.95**

FORTHCOMING FOR 2009**The Pedagogy of Human Movement**

Richard Tinning, University of Queensland, Australia

Series: International Studies in Physical Education and Youth Sport

This book explores pedagogy and its application and meanings within the full range of human movement studies, including physical education, exercise and sports science, sports sociology and cultural studies, kinesiology, health promotion, human performance and dance. Each of these fields contains a myriad of sub-disciplines – from sports history to dance theory to motor control – all of which have established institutional practices and forms of pedagogy employed to (re)produce valued knowledge about human movement.

The Pedagogy of Human Movement examines the epistemological assumptions underlying each of these pedagogical systems and their successes and limitations as ways of (re)producing knowledge within these fields. It also considers how the pedagogical discourses and devices employed influence the ways of thinking, practice, dispositions and identities (subjectivities) of those who work in the fields of sport, exercise and other human movement fields.

December 2009: 234 x 156: 320pp
Hb: 978-0-415-42844-6: **\$150.00**
eBook: 978-0-203-88549-9

FORTHCOMING FOR 2009**International Research in Science and Soccer**

Edited by **Barry Drust, Thomas Reilly** and **A. Mark Williams**, all at Liverpool John Moores University, UK

International Research in Science and Soccer showcases the very latest research into the world's most widely played sport. With contributions from world-leading researchers and practitioners working at every level of the game, from grass roots to elite level, the book covers every key aspect of preparation and performance, including: contemporary issues in soccer coaching; psychological preparation and development of players; physical preparation and development of players; nutrition and recovery; talent identification and development; strength and conditioning in soccer; injury prevention and rehabilitation; soccer academies.

The papers contained within this volume were first presented at the First World Congress on Science and Soccer, held in May 2008 in Liverpool, UK. The meeting was held under the auspices of the World Commission of Science and Sports.

December 2009: 234 x 156: 344pp
Hb: 978-0-415-49794-7: **\$155.00**
eBook: 978-0-203-87750-0

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.

2008: 234 x 156: 520pp
Hb: 978-0-415-42909-2: **\$230.00**

KEY BACKLIST TITLES

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: 234 x 156: 208pp
Hb: 978-0-415-36759-2: **\$160.00**
Pb: 978-0-415-36760-8: **\$49.95**

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: 234 x 156: 200pp
Hb: 978-0-415-32851-7: **\$180.00**
Pb: 978-0-415-32852-4: **\$57.95**

KEY BACKLIST TITLES CONTINUED...

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: 246 x 174: 360pp
Hb: 978-0-415-26157-9: **\$180.00**
Pb: 978-0-415-26158-6: **\$59.95**

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: 246 x 174: 352pp
Hb: 978-0-415-26231-6: **\$190.00**
Pb: 978-0-415-26232-3: **\$64.95**

The Science of Training – Soccer

A Scientific Approach to Developing Strength, Speed and Endurance

Thomas Reilly, Liverpool John Moores University, UK

In response to the lack of in-depth and up-to-date material focusing on effective athletic training, this manual provides clear guidelines, illustrations, an evidence base and a theoretical framework for proven effective soccer training in practice.

2006: 234 x 156: 208pp
Hb: 978-0-415-38446-9: **\$170.00**
Pb: 978-0-415-38447-6: **\$49.95**

An Introduction to Drugs in Sport

Addicted to Winning?

Ivan Waddington and **Andy Smith**, both at University of Chester, UK

An Introduction to Drugs in Sport provides a detailed and systematic examination of drug use in sport and attempts to explain why athletes have, over the last four decades, increasingly used performance-enhancing drugs. It offers a critical overview of the major theories of drug use in sport, and provides a detailed analysis of the involvement of sports physicians in the development and use of performance-enhancing drugs.

Focusing on drug use within elite sport, the book offers an in-depth examination of important contemporary themes and issues, including:

- the history of drugs in sport and changing patterns of use
- fair play, cheating and the 'spirit of sport'
- WADA and the future of anti-doping policy
- drug use in professional football and cycling
- sociological enquiry and the problems of researching drugs in sport.

Designed to help students explore and understand this problematic area of research in sport studies, and richly illustrated throughout with case studies and empirical data, *An Introduction to Drugs in Sport* is an invaluable addition to the literature. It is essential reading for anybody with an interest in the relationship between drugs, sport and society.

Selected Contents: 1. Drug Use in Sport: Problems of Involvement and Detachment 2. The Emergence of Drug Use as a Problem in Modern Sport: Sport, Health and Drugs 3. The Emergence of Drug Use as a Problem in Modern Sport: Fair Play, Cheating and the 'Spirit of Sport' 4. Theories of Drug Use in Elite Level Sport 5. Drug Use in Elite Level Sport: Towards a Sociological Understanding 6. The Other Side of Sports Medicine: Sports Medicine and the Development of Performance Enhancing Drugs 7. The Recent History of Drug Use in British Sport: A Case Study 8. Drug Use in Professional cycling: A Case Study 9. Drug Use in Professional Football: A Case Study 10. The Establishment of the World Anti-doping Agency 11. Anti-doping Policies in Sport: Whither WADA? 12. Anti-doping Policies in Sport: New Directions?

December 2008: 234 x 156: 280pp
Hb: 978-0-415-43124-8: **\$160.00**
Pb: 978-0-415-43125-5: **\$49.95**

• AVAILABLE AS A COMPLIMENTARY COPY

Pharmacology, Doping and Sports

A Scientific Guide for Athletes, Coaches, Physicians, Scientists and Administrators

Edited by **Jean L. Fourcroy**, Walter Reed Army Hospital, USA

The work of dope testers is constantly being obstructed by the development of ever harder to trace new forms of banned substances. Organisations such as the World Anti-Doping Association and the United States Anti-Doping Agency are pioneering cutting-edge techniques designed to keep competition at the highest level fair and safe, and must ensure that their drug testing laboratories adhere to the highest scientific standards. In *Pharmacology, Doping and Sports* these techniques and procedures are explained by the anti-doping experts who practice them.

Broad-ranging in scope, this book examines the effects of performance-enhancing substances on the athlete's health; the role of anti-doping procedures as an ethical question, and explains the background to, and the emergence of, the anti-doping movement. The book also offers in-depth analysis of key scientific matters, such as: standard analytical and diagnostic tests for sports doping; regulatory standards for laboratory proficiency; common performance-enhancing techniques such as anabolic and designer steroids, blood doping, growth hormones, and gene doping and carbon-isotope ratio testing.

Written by some of the world's leading authorities on the science of sports doping, *Pharmacology, Doping and Sports* provides an invaluable study of up-to-the-minute anti-doping techniques. This book is essential reading for all sports scientists, coaches, policy-makers, students and athletes interested in the science or ethics of doping in sport.

December 2008: 234 x 156: 240pp
Hb: 978-0-415-42845-3: **\$150.00**

FORTHCOMING FOR 2009

The Ethics of Doping and Anti-Doping

To Redeem the Soul of Sport

Verner Møller, University of Aarhus, Denmark

Series: Ethics and Sport

Verner Møller argues that the fight against doping – promoted as an initiative to cleanse sport of cheats – is at heart nothing less than a battle to save sport from itself, located on the fault-line between the will to purify and the will to win. This book is important reading for all serious students and scholars of the ethics, sociology and politics

October 2009: 234 x 156: 184pp
Hb: 978-0-415-48465-7: **\$130.00**
Pb: 978-0-415-48466-4: **\$44.95**
eBook: 978-0-203-87701-2

WINNER OF THE 2007

LORD ABERDARE LITERARY PRIZE

A History of Drug Use in Sport: 1876–1976

Beyond Good and Evil

Paul Dimeo, University of Stirling, UK



This book offers a new history of drug use in sport. It argues that the idea of taking drugs to enhance performance has not always been the crisis or “evil” we now think it is. Instead, the late nineteenth century was a time of some experimentation and innovation largely unhindered by talk of cheating or health risks. By the interwar period, experiments had been modernised in the new laboratories of exercise physiologists.

Still there was very little sense that this was contrary to the ethics or spirit of sport. Sports, drugs and science were closely linked for over half a century.

The Second World War provided the impetus for both increased use of drugs and the emergence of an anti-doping response. By the end of the 1950s a new framework of ethics was being imposed on the drugs question that constructed doping in highly emotive terms as an “evil”. Alongside this emerged the science and procedural bureaucracy of testing. The years up to 1976 laid the foundations for four decades of anti-doping. This book offers a detailed and critical understanding of who was involved, what they were trying to achieve, why they set about this task and the context in which they worked. By doing so, it reconsiders the classic dichotomy of “good anti-doping” up against “evil doping”.

Selected Contents: Acknowledgements. Prologue

Part 1: 1. Sport, Drugs and Society 2. Doping and the Rise of Modern Sport, 1876-1918 3. The Science Gets Serious, 1920-1945 **Part 2:** 4. Amphetamines and Post War Sport, 1945-1976 5. The Steroids Epidemic, 1945-1976 6. Dealing with the Scandal: Anti-Doping and the New Ethics of Sport, 1945-1965 7. Science, Morality and Policy: the Modernisation of Anti-Doping, 1965-1976 8. Doping, Anti-Doping and the Changing Values of Sport. Epilogue

2007: 234 x 156: 168pp
Hb: 978-0-415-35771-5: **\$170.00**
Pb: 978-0-415-35772-2: **\$49.95**

FORTHCOMING FOR 2009**Sustainable Olympic Design and Urban Development**

Adrian Pitts, Sheffield Hallam University, UK and
Hanwen Liao, University of Greenwich, London, UK



With appropriate planning and design, Olympic urban development has the potential to leave positive environmental legacies to the host city and contribute to environmental sustainability.

This book explains how a modern Olympic games can successfully develop a more sustainable design approach by learning from the lessons of the past and by taking

account of the latest developments. It offers an assessment tool that can be tailored to individual circumstance – a tool which emerges from the analysis of previous summer games host cities and from techniques in environmental analysis and assessment.

Selected Contents: Part 1: The Olympic Development Scenario 1. Introduction 2. Olympic History and its Urban Context **Part 2: Olympic Design and Development: Past and Present** 3. Urban Development 4. Sports Venue Design and Development 5. Olympic Village Design and Development 6. The Olympic Impact on Host Cities **Part 3: Evaluating Olympic Urban Development for Sustainability** 7. Infrastructural Requirements to Stage the Modern Games 8. Sustainable Olympic Urban Development 9. Proposed Evaluation Framework for the Olympic City 10. The London 2012 Olympics 11. Conclusions and Recommendations

June 2009: 246 x 189: 224pp
Hb: 978-0-415-46761-2: **\$140.00**
Pb: 978-0-415-46762-9: **\$71.95**

FORTHCOMING FOR 2009**Sports Facilities and Technologies**

Peter Culley, formerly Regional Sales Engineer for Corus, UK and **John Pascoe**, Electrocomponents plc, UK



Developers, designers and operators are increasingly needing to create versatile sport and leisure amenities that are of lasting value to local and wider communities.

Placing facilities design and operation at the heart of sports development, this book adopts a holistic approach, integrating experience in the field with collective knowledge across many different

uses and technologies.

Extensive use of case studies from around the world makes this book a definitive reference for practitioners and students in sports and leisure, building design and facilities management.

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