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& Outdoor Adventure Education



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Contacts

Lucy Pink

*Area Sales Manager and
College Representative
Scotland, North England,
the Midlands and North Wales*
Mobile: +44 (0) 7860 633 156
Email: lucy.pink@tandf.co.uk

James Whittle

*Area Sales Manager
London, South England,
South Wales, Northern Ireland and
Ireland*
Mobile: +44 (0) 7802 536 233
Email: james.whittle@tandf.co.uk

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Adventure Sports Coaching



Edited By **Matt Berry, Jane Lomax, Chris Hodgson**

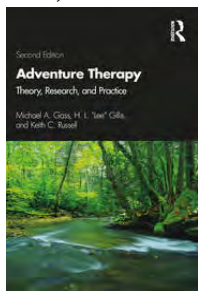
Coaching adventure sports has been largely neglected in the adventure studies literature. This is the first book to link contemporary sports coaching science with adventure sports practice. It examines the unique set of challenges faced by adventure sports coaches, such as the natural environment and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

Routledge
March 2015:270
Hb: 978-0-415-74600-7: **£130.00**
Pb: 978-0-415-74602-1: **£46.99**
eBook: 978-1-315-79757-1

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

Adventure Therapy

Theory, Research, and Practice



Michael A. Gass, H.L. "Lee" Gillis, Keith C. Russell

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

Routledge
March 2020:512
Hb: 978-1-138-58443-3: **£130.00**
Pb: 978-1-138-58444-0: **£44.99**
eBook: 978-1-003-01661-8

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

Behavior and Group Management in Outdoor Adventure Education

Theory, research and practice



Alan Ewert, Curt Davidson

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

Routledge
June 2017:218
Hb: 978-1-138-93523-5: **£130.00**
Pb: 978-1-138-93525-9: **£42.99**
eBook: 978-1-315-67753-8

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

Outdoor Learning through the Seasons

An Essential Guide for the Early Years



Ann Watts

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

Routledge
May 2020:226
Hb: 978-0-367-21897-3: **£145.00**
Pb: 978-0-367-21898-0: **£24.99**
eBook: 978-0-429-26672-0

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

Physical Activity in Natural Settings

Green and Blue Exercise



Edited By **Aoife A. Donnelly, Tadhg E. MacIntyre**

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

Routledge
October 2019:384
Hb: 978-1-138-74960-3: **£130.00**
Pb: 978-1-138-89431-0: **£35.99**
eBook: 978-1-315-18014-4

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

Research Methods in Outdoor Studies



Edited By **Barbara Humberstone, Heather Prince**

Series: Routledge Advances in Outdoor Studies

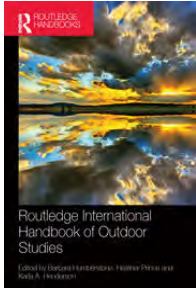
Over the last two decades Outdoor Studies has emerged as an innovative and vibrant field of study. This is the first book to offer a comprehensive appraisal of established and cutting-edge research methods as applied to Outdoor Studies. Covering qualitative, quantitative and mixed methods, the book examines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

Routledge
August 2019:374
Hb: 978-0-367-18870-2: **£130.00**
Pb: 978-0-367-18883-2: **£36.99**
eBook: 978-0-429-19900-4

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



Routledge International Handbook of Outdoor Studies



Edited By Barbara Humberstone, Heather Prince, Karla A. Henderson

Series: Routledge International Handbooks

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

Routledge
December 2017:560
Hb: 978-1-138-78288-4: **£230.00**
Pb: 978-0-815-38405-2: **£48.99**
eBook: 978-1-315-76846-5

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

The Essential Guide to Forest School and Nature Pedagogy



Jon Cree, Marina Robb

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

Routledge
May 2021:406
Hb: 978-0-367-42559-3: **£130.00**
Pb: 978-0-367-42561-6: **£19.99**
eBook: 978-0-367-85344-0

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

AI for Sports



Chris Brady, Karl Tuyls, Shayegan Omidshafiei

Series: *AI for Everything*

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

CRC Press

December 2021:162

Hb: 978-1-032-05202-1: £120.00

Pb: 978-1-032-04829-1: £22.99

eBook: 978-1-003-19653-2

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

Athletic Development

A Psychological Perspective



Edited By Caroline Heaney, Nichola Kentzer, Ben Oakley

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

Routledge

July 2021:274

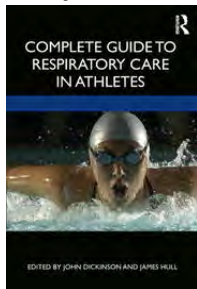
Hb: 978-0-367-72103-9: £130.00

Pb: 978-0-367-72102-2: £35.99

eBook: 978-1-003-15345-0

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

Complete Guide to Respiratory Care in Athletes



Edited By John Dickinson, James Hull

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

Routledge

July 2020:222

Hb: 978-1-138-58834-9: £130.00

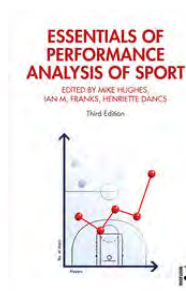
Pb: 978-1-138-58835-6: £36.99

eBook: 978-0-429-49234-1

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

Essentials of Performance Analysis in Sport

Third edition



Edited By Mike Hughes, Ian Franks, Mike Hughes, Ian M. Franks, Henriette Dancs

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

Routledge

December 2019:492

Hb: 978-0-367-35539-5: £170.00

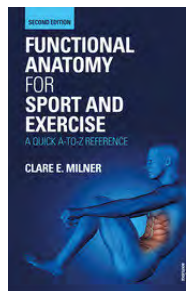
Pb: 978-0-367-35541-8: £54.99

eBook: 978-0-429-34013-0

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

Functional Anatomy for Sport and Exercise

A Quick A-to-Z Reference



Clare Milner

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

Routledge

April 2019:174

Hb: 978-1-138-54123-8: £130.00

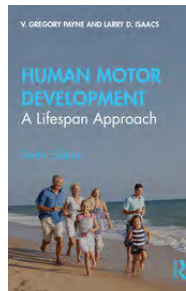
Pb: 978-0-367-15056-3: £36.99

eBook: 978-0-429-20106-6

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

Human Motor Development

A Lifespan Approach



Greg Payne, Larry Isaacs

Human Motor Development: A Lifespan Approach 10th Edition offers an overview to the study of changes in human movement across the lifespan. The book uses a wholistic approach and emphasizes the importance of intellectual, social and physical development and their impact on human motor development at all ages.

Routledge

June 2020:570

Hb: 978-0-367-34736-9: £170.00

Pb: 978-0-367-34737-6: £77.99

eBook: 978-0-429-32756-8

* For full contents and more information, visit: www.routledge.com/9780367347376



Introduction to Exercise Science



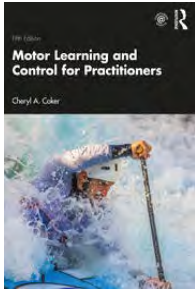
Edited By Dona J. Housh, Terry J. Housh, Glen O. Johnson

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

Routledge
September 2017:322
Hb: 978-1-138-73724-2: **£160.00**
Pb: 978-1-138-73901-7: **£59.99**
eBook: 978-1-315-17767-0

* For full contents and more information, visit: www.routledge.com/9781138739017

Motor Learning and Control for Practitioners



Cheryl Coker

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

Routledge
September 2021:398
Hb: 978-0-367-48402-6: **£130.00**
Pb: 978-0-367-48053-0: **£62.99**
eBook: 978-1-003-03971-6

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

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

The British Association of Sport and Exercise Sciences Guide



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

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

Routledge
March 2022:470
Hb: 978-0-367-49246-5: **£130.00**
Pb: 978-0-367-49133-8: **£48.99**
eBook: 978-1-003-04528-1

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

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

The British Association of Sport and Exercise Sciences Guide



Edited By R.C. Richard Davison, Paul Smith, James Hopker, Michael Price, Florentina Hettinga, Garry Tew, Lindsay Bottoms

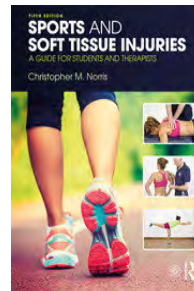
This book is a comprehensive guide to the protocols and to the key issues in physiological testing. With contributions from sport and exercise physiologists and clinicians, covering a range of physiologically based tests commonly used to assess and monitor clinical conditions, this volume is an essential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

Routledge
March 2022:342
Hb: 978-0-367-49239-7: **£130.00**
Pb: 978-0-367-48984-7: **£48.99**
eBook: 978-1-003-04526-7

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

Sports and Soft Tissue Injuries

A Guide for Students and Therapists



Christopher Norris

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

Routledge
August 2018:658
Hb: 978-1-138-10658-1: **£150.00**
Pb: 978-1-138-10659-8: **£56.99**
eBook: 978-1-315-10152-1

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

Sports Performance Massage



Steve Bedford

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

Routledge
September 2021:198
Hb: 978-0-367-61245-0: **£130.00**
Pb: 978-0-367-61239-9: **£29.99**
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* For full contents and more information, visit: www.routledge.com/9780367612399

Adventure Sports Coaching



Edited By Matt Berry, Jane Lomax, Chris Hodgson

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

Routledge
March 2015:270
Hb: 978-0-415-74600-7: **£130.00**
Pb: 978-0-415-74602-1: **£46.99**
eBook: 978-1-315-79757-1
* For full contents and more information, visit: www.routledge.com/9780415746021

Foundations of Sport Development



Chris Mackintosh

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

Routledge
January 2021:238
Hb: 978-0-367-34583-9: **£130.00**
Pb: 978-0-367-34584-6: **£34.99**
eBook: 978-0-429-32670-7
* For full contents and more information, visit: www.routledge.com/9780367345846

Becoming a Better Sports Coach

Development through Theory Application



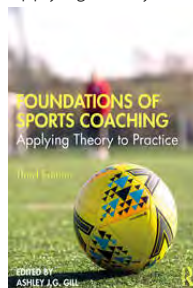
Andreas Carlsson

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

Routledge
September 2021:292
Hb: 978-0-367-86069-1: **£130.00**
Pb: 978-0-367-86276-3: **£35.99**
eBook: 978-1-003-19515-3
* For full contents and more information, visit: www.routledge.com/9780367862763

Foundations of Sports Coaching

Applying Theory to Practice



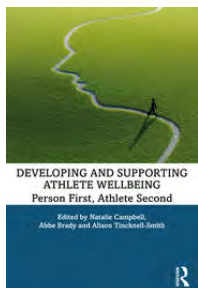
Edited By Ashley Gill

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

Routledge
May 2021:290
Hb: 978-0-367-33882-4: **£130.00**
Pb: 978-0-367-74697-1: **£44.99**
eBook: 978-1-003-15752-6
* For full contents and more information, visit: www.routledge.com/9780367746971

Developing and Supporting Athlete Wellbeing

Person First, Athlete Second



Edited By Natalie Campbell, Abbe Brady, Alison Tincknell-Smith

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

Routledge
September 2021:304
Hb: 978-0-367-25461-2: **£130.00**
Pb: 978-0-367-25462-9: **£35.99**
eBook: 978-0-429-28792-3
* For full contents and more information, visit: www.routledge.com/9780367254629

Practical Sports Coaching



Edited By Christine Nash

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

Routledge
March 2022:272
Hb: 978-1-032-01710-5: **£130.00**
Pb: 978-1-032-01708-2: **£43.99**
eBook: 978-1-003-17973-3
* For full contents and more information, visit: www.routledge.com/9781032017082

Research Methods for Sports Studies



Ian Jones

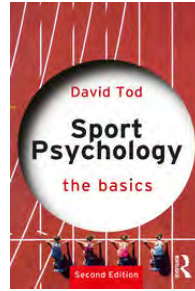
Research Methods for Sports Studies is a comprehensive, engaging and practical textbook that provides a grounding in qualitative and quantitative research for students studying programmes related to sport and physical activity. This is an essential read for any student undertaking a dissertation or research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

Routledge
March 2022:384
Hb: 978-1-032-04984-7: **£130.00**
Pb: 978-1-032-01752-5: **£44.99**
eBook: 978-1-003-19546-7

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

Sport Psychology

The Basics



David Tod

Series: The Basics

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

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

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

Sport Coaching Concepts

A framework for coaching practice



John Lyle, Chris Cushion

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

Routledge
November 2016:368
Hb: 978-0-415-67576-5: **£175.00**
Pb: 978-0-415-67577-2: **£56.99**
eBook: 978-0-203-12642-4

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

Sports Coaching

A Theoretical and Practical Guide



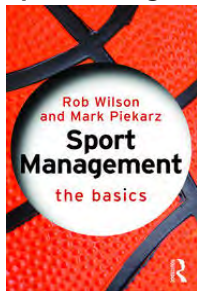
Edited By Ed Cope, Mark Partington

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

Routledge
December 2019:184
Hb: 978-0-815-39208-8: **£130.00**
Pb: 978-0-815-39209-5: **£36.99**
eBook: 978-1-351-20003-5

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

Sport Management: The Basics



Rob Wilson, Mark Piekarz

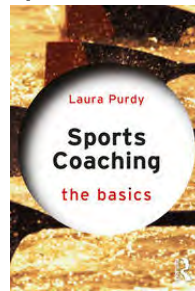
Series: The Basics

Sport Management: The Basics is an engaging and accessible introduction to sport management. Drawing links between academic theory and practice, it explores the current challenges facing managers in the sport industry, addressing such topics as the history of sport management, the role of the manager, levels of management, the public, private and voluntary sectors, and sport management in the global marketplace. With suggestions for further reading throughout the text, a comprehensive chapter on employment and employability, and case studies which explore both theory and practice, Sport Management: The Basics offers a clear and concise introduction for anyone seeking to study or work in sport management.

Routledge
September 2015:212
Hb: 978-1-138-79116-9: **£94.99**
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Sports Coaching: The Basics



Laura Purdy

Series: The Basics

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

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October 2017:198
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eBook: 978-1-315-70999-4

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Advanced Strength and Conditioning

An Evidence-based Approach



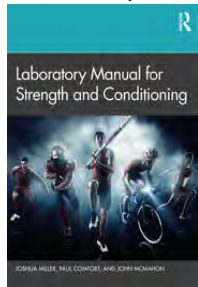
Edited By Anthony Turner, Paul Comfort

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

Routledge
February 2022:436
Hb: 978-0-367-49136-9: **£130.00**
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Laboratory Manual for Strength and Conditioning



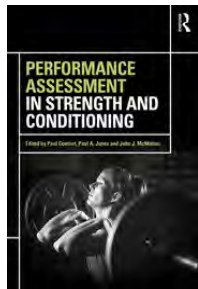
Edited By Joshua Miller, Paul Comfort, John McMahon

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

Routledge
May 2023:208
Hb: 978-1-032-03328-0: **£120.00**
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* For full contents and more information, visit: www.routledge.com/9781032033259

Performance Assessment in Strength and Conditioning



Edited By Paul Comfort, Paul A. Jones, John J. McMahon

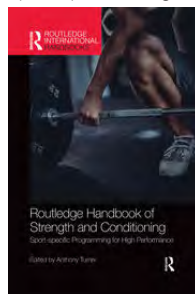
This is the first textbook to suggest the most appropriate and reliable methods for assessing and monitoring athletes' performance, as well as including detailed sections on testing considerations and the interpretation and application of results. The book explores the full range of considerations required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

Routledge
October 2018:382
Hb: 978-0-415-78936-3: **£130.00**
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eBook: 978-1-315-22281-3

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

Routledge Handbook of Strength and Conditioning

Sport-specific Programming for High Performance



Edited By Anthony Turner

Series: Routledge International Handbooks

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

Routledge
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Strength and Conditioning

A Concise Introduction



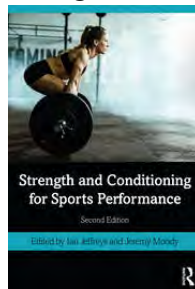
John Cissik

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

Routledge
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Strength and Conditioning for Sports Performance



Edited By Ian Jeffreys, Jeremy Moody

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

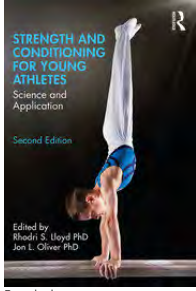
Routledge
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Pb: 978-0-367-40463-5: **£66.99**
eBook: 978-0-429-33098-8

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



Strength and Conditioning for Young Athletes

Science and Application



Edited By Rhodri Lloyd, Jon Oliver

This book offers an evidence-based introduction to the theory and practice of strength and conditioning for young athletes. Fully revised and updated, this second edition offers an holistic approach to long-term athletic development and the welfare of the young athlete.

Written by leading international strength and conditioning experts and paediatric sport scientists, the book includes practical guidelines to show how the latest scientific research can be applied to optimize young athletic potential. This is an essential resource for all students of strength and conditioning or paediatric exercise science, as well as any coach working with young athletes.

Routledge

September 2019:414

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eBook: 978-1-351-11534-6

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Strength and Conditioning in Sports

From Science to Practice



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

Strength and Conditioning in Sports: From Science to Practice is unique in that it covers, in a comprehensive manner, both of these areas. This textbook "connects" the mechanism with practical application.

Selecting the appropriate training process is paramount to success in competitive sport. A major component of this textbook is the detailed explanations of developing that process from creating an Annual Plan, selection of the appropriate Periodization model and how to Program that model.

Routledge

July 2022:342

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Understanding Strength and Conditioning as Sport Coaching

Bridging the Biophysical, Pedagogical and Sociocultural Foundations of Practice



Tania Cassidy, Phil Handcock, Brian Gearity, Lisette Burrows

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

Routledge

May 2020:200

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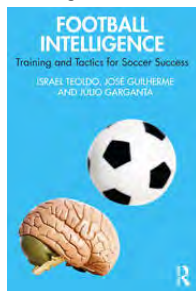
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Football Intelligence

Training and Tactics for Soccer Success



Israel Teoldo, José Guilherme, Júlio Garganta

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

Routledge
December 2021:246
Hb: 978-1-032-12160-4: £130.00
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Warm-up in Football

Optimize Performance and Avoid Injuries



Jens Bangsbo, Casper Skovgaard

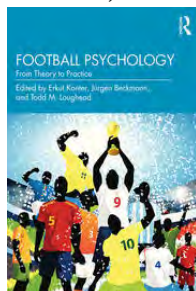
Warm-up in Football provides scientific evidence for the effect of warming-up and describes how performance is closely related to muscle temperature. Furthermore, how the right warm-up prior to a match and at half time does improve the outcome in football.

Routledge
June 2021:214
Hb: 978-0-367-67506-6: £130.00
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Football Psychology

From Theory to Practice



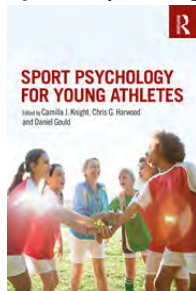
Edited By Erkut Konter, Jürgen Beckmann, Todd M. Loughhead

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

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

Sport Psychology for Young Athletes



Edited By Camilla J. Knight, Chris Harwood, Daniel Gould

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

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The Dynamics of Modern Rugby



Edited By Bruce Davies, Julien Baker

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

Routledge
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The Science of Rugby



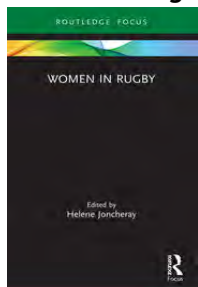
Edited By Craig Twist, Paul Worsfold

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

Routledge
May 2023:296
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Women in Rugby



Edited By Helene Joncheray

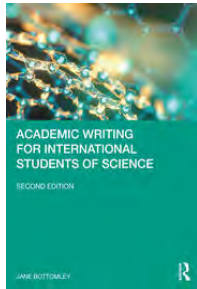
Series: Women, Sport and Physical Activity

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

Routledge
January 2023:148
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Academic Writing for International Students of Science



Jane Bottomley

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

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The Student Wellbeing Toolkit

Preparing for Life at College, University and Beyond



Camila Devis-Rozental

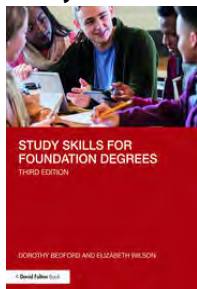
Series: *Routledge Study Skills*

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

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Study Skills for Foundation Degrees



Dorothy Bedford, Elizabeth Wilson

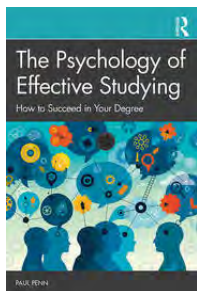
Study Skills for Foundation Degrees offers a step-by-step guide to the skills needed to successfully complete a Foundation Degree. Filled with activities and useful tips, it will help students to move from nervous novice to confident expert and provide them with the necessary tools to accomplish this.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

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The Psychology of Effective Studying

How to Succeed in Your Degree



Paul Penn

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

Routledge
August 2019:244
Hb: 978-1-138-57090-0: **£115.00**
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