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# **Routledge Handbook Of Sports Performance Analysis**

The Routledge Handbook of Sport and Sustainable Development is a comprehensive and powerful survey of the ways in which sport engages with its social, environmental, and ethical responsibilities. It considers how sport can use its unique profile and platform to influence the attitudes of sport fans and consumers to promote positive social and environmental action around the world and to contribute to sustainable development, perhaps the most important issue of our time. The book is structured around the 17 UN Sustainable Development Goals, with

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a section devoted to each goal that contains chapters reviewing key theory and current research, measurement and evaluation issues, and the application of current knowledge in real-world development situations. Drawing on research and expertise from management, sociology, development studies, psychology, and other disciplines, the book examines the role that sport must play in areas such as health and well-being, poverty, education, gender equality, decent work, responsible consumption, and climate action. Representing a keynote work on the wider social responsibilities of sport as both an industry and sociocultural activity, this is essential reading for any advanced student or researcher working in sport development, sport management, sport sociology, event

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studies, development studies, or environmental studies, and for any development practitioner or sport management professional looking to understand how to achieve positive social change in and through sport. Health and Elite Sport is the first book to critically examine the relationship between participation in high performance sport and health outcomes. Drawing on theory and empirical data from a wide range of disciplines, including sociology, developmental psychology, epidemiology, and physical education, the book explores the benefits and detriments of participation in elite sport for both individuals (athletes, coaches, spectators) and communities. Written by a team of leading international sport researchers, the book examines key issues including: Talent identification

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and young athletes Abuse in sport  
Positive youth development through  
sport Athlete health in periods of  
transition Health, sport and the family  
Health in professional sport The  
Olympics, Paralympics and public  
health Long term effects of  
participation in elite sport Highlighting  
the connections and contradictions  
between high performance sport and  
health, the book also discusses the  
clear and important implications for our  
socio-cultural, political and  
developmental understanding of sport.  
Health and Elite Sport is fascinating  
and important reading for all students  
and researchers with an interest in  
youth sport, sports development, sport  
policy, sports coaching, exercise and  
health, physical education, the  
sociology of sport, or the sociology of  
health.

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The Routledge Handbook of Sport Management is the most up-to-date and comprehensive guide to theory and practice in sport management ever published. It provides students and scholars with a broad ranging survey of current thinking in contemporary sport management, exploring best practice in core functional areas and identifying important future directions for new research. Key topics covered in the book include: managing performance marketing human resource management the economics and finance of sport strategy managing change governance of sports organizations customer relations branding and retail. With contributions from leading scholars and professionals from around the world, the book illustrates the global nature of

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contemporary sport business and highlights the opportunities and challenges for managers operating in an international market place.

Representing a definitive survey of contemporary issues in sport management, this is an essential reference for all students, scholars and practitioners working in sport.

Over the last three decades sports coaching has evolved from a set of customary practices based largely on tradition and routine into a sophisticated, reflective and multi-disciplinary profession. In parallel with this, coach education and coaching studies within higher education have developed into a coherent and substantial field of scholarly enquiry with a rich and sophisticated research literature. The Routledge Handbook of Sports Coaching is the first book to

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survey the full depth and breadth of contemporary coaching studies, mapping the existing disciplinary territory and opening up important new areas of research. Bringing together many of the world's leading coaching scholars and practitioners working across the full range of psychological, social and pedagogical perspectives, the book helps to develop an understanding of sports coaching that reflects its complex, dynamic and messy reality. With more importance than ever before being attached to the role of the coach in developing and shaping the sporting experience for participants at all levels of sport, this book makes an important contribution to the professionalization of coaching and the development of coaching theory. It is important reading for all students, researchers and policy

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makers with an interest in this young and flourishing area.

Routledge Handbook of Youth Sport

The 20th Century's Top Ten White-collar Criminals

Essentials of Performance Analysis in Sport

Routledge Handbook of Sport and Exercise Systems Genetics

A Systematic Approach to Improving Performance

***An effective strength and conditioning program is an essential component of the preparation of any athlete or sportsperson. Strength and Conditioning for Sports Performance is a comprehensive and authoritative introduction to the theory and practice***



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*of strength and conditioning, providing students, coaches and athletes with everything they need to design and implement effective training programs. Revised and updated for a second edition, the book continues to include clear and rigorous explanations of the core science underpinning strength and conditioning techniques and give detailed, step-by-step guides to all key training methodologies, including training for strength, speed, endurance, flexibility and*

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*plyometrics. The second edition expands on the opening coaching section as well as introducing an entirely new section on current training methods which includes examining skill acquisition and motor learning. Throughout the book the focus is on the coaching process, with every chapter highlighting the application of strength and conditioning techniques in everyday coaching situations. Strength and Conditioning for Sports Performance includes a unique and extensive section of sport-*

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*specific chapters, each of which examines in detail the application of strength and conditioning to a particular sport, from soccer and basketball to golf and track and field athletics. The second edition sees this section expanded to include other sports such as rugby union, rugby league and American football. The book includes contributions from world-leading strength and conditioning specialists, including coaches who have worked with Olympic gold*

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*medallists and international sports teams at the highest level. Strength and Conditioning for Sports Performance is an essential course text for any degree-level student with an interest in strength and conditioning, for all students looking to achieve professional accreditation, and an invaluable reference for all practising strength and conditioning coaches. Art and science work is experiencing a dramatic rise coincident with burgeoning Science and*

*Technology Studies (STS)* interest in this area. Science has played the role of muse for the arts, inspiring imaginative reconfigurations of scientific themes and exploring their cultural resonance. Conversely, the arts are often deployed in the service of science communication, illustration, and popularization. STS scholars have sought to resist the instrumentalization of the arts by the sciences, emphasizing studies of theories and practices

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*across disciplines and the distinctive and complementary contributions of each. The manifestation of this commonality of creative and epistemic practices is the emergence of Art, Science, and Technology Studies (ASTS) as the interdisciplinary exploration of art-science. This handbook defines the modes, practices, crucial literature, and research interests of this emerging field. It explores the questions, methodologies, and theoretical*

*implications of scholarship and practice that arise at the intersection of art and STS. Further, ASTS demonstrates how the arts are intervening in STS. Drawing on methods and concepts derived from STS and allied fields including visual studies, performance studies, design studies, science communication, and aesthetics and the knowledge of practicing artists and curators, ASTS is predicated on the capacity to see both art and science as*

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*constructions of human  
knowledge- making.*

*Accordingly, it posits a  
new analytical vernacular,  
enabling new ways of  
seeing, understanding, and  
thinking critically about  
the world. This handbook  
provides scholars and  
practitioners already  
familiar with the themes  
and tensions of  
art-science with a means  
of connecting across  
disciplines. It proposes  
organizing principles for  
thinking about art-science  
across the sciences,  
social sciences,  
humanities, and arts.*



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*Encounters with art and science become meaningful in relation to practices and materials manifest as perceptual habits, background knowledge, and cultural norms. As the chapters in this handbook demonstrate, a variety of STS tools can be brought to bear on art-science so that systematic research can be conducted on this unique set of knowledge-making practices. Understanding and developing expertise is an important concern for any researcher or practitioner working in elite or high*

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*performance sport. Whether it's identifying talented young athletes or developing methods for integrating cutting-edge sport science into daily coaching practice, scientists, coaches and researchers all need to understand the skills, characteristics, and knowledge that distinguish the expert performer in sport. The Routledge Handbook of Sport Expertise is the first book to offer a comprehensive overview of current research and practice in the emerging*

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*field of sports expertise. Adopting a multi-disciplinary, multi-faceted approach, the book offers in-depth discussion of methodological and philosophical issues in sport expertise, as well as the characteristics that describe sporting 'experts' and how they can be facilitated and developed. Exploring research, theory and practice, the book also examines how scientists and practitioners can work together to improve the delivery of applied sport science. With*

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*contributions from many of the world's leading researchers in expertise and skill acquisition in sport, the Routledge Handbook of Sport Expertise is important reading for any advanced student, researcher, coach or sport science support officer looking to better understand this cutting-edge topic.*

*Modern techniques of sports performance analysis enable the sport scientist, coach and athlete to objectively assess, and therefore improve upon, sporting*

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*performance. They are an important tool for any serious practitioner in sport and, as a result, performance analysis has become a key component of degree programmes in sport science and sports coaching. Research Methods for Sports Performance Analysis explains how to undertake a research project in performance analysis including: selection and specification of a research topic the research proposal gaining ethical approval for a study developing a*

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*performance analysis  
system testing a system  
for reliability analysing  
and discussing data  
writing up results.  
Covering the full research  
cycle and clearly  
introducing the key themes  
and issues in contemporary  
performance analysis, this  
is the only book that  
sports students will need  
to support a research  
project in performance  
analysis, from  
undergraduate dissertation  
to doctoral thesis.  
Including case studies,  
examples and data  
throughout, this book is*

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*essential reading for any student or practitioner with an interest in performance analysis, sports coaching or applied sport science.*

*Routledge Handbook of Sports Performance Analysis*

*Routledge Handbook of Football Business and Management*

*Routledge Handbook of Sport Fans and Fandom  
Handbook of Soccer Match Analysis*

*Health and Elite Sport*

Doping has become one of the most important and high-profile issues in contemporary sport. Shocking cases

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such as that of Lance Armstrong and the US Postal cycling team have exposed the complicated relationships between athletes, teams, physicians, sports governing bodies, drugs providers, and judicial systems, all locked in a constant struggle for competitive advantage. The Routledge Handbook of Drugs and Sport is simply the most comprehensive and authoritative survey of social scientific research on this hugely important issue ever to be published. It presents an overview of key topics, problems, ideas, concepts and cases across seven thematic sections, which include chapters addressing: The history of doping in sport Philosophical approaches to understanding doping The development of anti-doping policy Studies of doping in seven major sports, including athletics, cycling,



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baseball and soccer In-depth analysis of four of the most prominent doping scandals in history, namely Ben Johnson, institutionalized doping in the former GDR, the 1998 Tour de France and Lance Armstrong WADA and the national anti-doping organizations Key contemporary debates around strict liability, the criminalization of doping, and zero tolerance versus harm reduction Doping outside of elite sport, in gyms, the military and the police. With contributions from many of the world ' s leading researchers into drugs and sport, this book is the perfect starting point for any advanced student, researcher, policy maker, coach or administrator looking to develop their understanding of an issue that has had, and will continue to have, a profound impact on the development of sport.

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Sports development has become a prominent concern within both the academic study of sport and within the organization and administration of sport. The Routledge Handbook of Sports Development is the first book to comprehensively map the wide-ranging territory of sports development as an activity and as a policy field, and to offer a definitive survey of current academic knowledge and professional practice. Spanning the whole spectrum of activity in sports development, from youth sport and mass participation to the development of elite athletes, the book identifies and defines the core functions of sports development, exploring the interface between sports development and cognate fields such as education, coaching, community welfare and policy. The book presents important new studies of sports

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development around the world, illustrating the breadth of practice within and between countries, and examines the most important issues facing practitioners within sports development today, from child protection to partnership working. With unparalleled depth and breadth of coverage, the Routledge Handbook of Sports Development is the definitive guide to policy, practice and research in sports development. It is essential reading for all students, researchers and professionals with an interest in this important and rapidly evolving field.

All coaches working with children will know that they differ substantially from adults in their capabilities, capacity for development and in their ability to meet the demands that sport places upon them. Coaching Children in Sport

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provides an up-to-date, authoritative and accessible guide to core knowledge and coaching skills for anybody working with children in sport. Written by a team of leading international coaching experts, teachers, psychologists and specialists in children ' s issues in sport and health, the book explains why children should not be treated as mini-adults in sport and helps coaches to devise effective ways of working that not only achieve results but also take into account the best interests of the child. It examines key topics such as: fundamental coaching skills coaching philosophies and models children ' s physical and psychosocial development children ' s motivation safeguarding and child protection issues and coaching ethics sport and children ' s health talent identification and high performance

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coaching reflective practice in sports coaching. Including case studies, practical reflective activities and guides to further reading throughout, Coaching Children in Sport is an essential text for all courses and training programmes in sports coaching. It is also vital reading for all students, teachers and practitioners working with children in sport, physical education or developmental contexts. "This is the first book to explore the full significance of sport fans and fandom from an international and interdisciplinary perspective, across different sports, communities and levels of engagement. It gives a comprehensive overview of the undeniable economic and cultural influence of sport industries for which fans are the driving force. The book examines different theoretical and

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methodological approaches to the study of fans, including typologies of fandom, and presents cutting-edge discussion across broad thematic areas such as performance and identity, the business of fandom, and fandom and media. It considers the experiences of diverse and marginalised fan groups, with an emphasis on intersectional analysis, and shines new light on key contemporary themes such as fan activism, violence and deviance, mobility and migration, and the transformative effects of digital and social media. This volume includes chapters by many of the leading scholars responsible for having laid the foundation for sport fan research as well as early-career scholars who examine the newest developments in media technologies, legalized betting,

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gaming, and fantasy sports. Including perspectives from disciplines such as philosophy, sociology, psychology, management, economics, and media studies, this book is essential reading for anybody interested in the study of sport and wider society or fans and subcultures more broadly"--

The Routledge Handbook of Arabic Linguistics

A Comprehensive Guide for Students and Practitioners

Routledge Handbook of Art, Science, and Technology Studies

Routledge Handbook of Sports Marketing

Routledge Companion to Sport and Exercise Psychology

**From the notorious Charles Ponzi to controversial junk-bond king Michael Milken, the latest book from award-**

**winning author Joseph Wells profiles the ten most monstrous fraudsters of the 20th century. Wells, described as "the country's foremost anti-fraud expert" by ABC's NightLine, has written scores of articles and six other books on commercial crime topics. The Routledge Handbook of Elite Sport Performance is the first book to examine a broad span of performance and support issues in contemporary elite sport; including coaching, sports science and medicine, leadership and management, operating in different societies, living in the system as a performer, and future**



**developments in the domain. The book is written by authors with elite-level experience, expertise, success, and status across individual and team sports, including football, NFL, track and field athletics, rowing, and rugby, in professional, Olympic, and other elite domains. The book also considers the integration of systems at micro to macro levels, from working with individual athletes to developing national organisations and policy, and features in-depth case studies from real sport throughout. This is an essential reference for any researcher or advanced student with an**

**interest in elite sport or applied sport science, from sport injury and sport psychology to sports coaching and sport policy. It is also an invaluable resource for coaches, managers, administrators, and policy-makers working in elite sport, offering them a "breadth first" guide to how and why specialists may work together for maximum effect.**

**The coaching process is about enhancing performance by providing feedback about the performance to the athlete or team. Researchers have shown that human observation and memory are not reliable enough to provide accurate and objective**

**information for high-performance athletes. Objective measuring tools are necessary to enable the feedback process. These can take the form of video analysis systems post-event, both biomechanical and computerised notation systems, or the use of in-event systems. Essentials of Performance Analysis in Sport 3rd Edition is fully revised with updated existing 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. To this end the book has been defined by five sections. In Section 1 the background of performance analysis is explained and Section 2 discusses methodologies used in notating sport performance. Current issues of performance analysis applied research, such as chance, momentum theory, perturbations and dynamic systems are explored in Section 3. Profiling, the**

**essential output skill in performance analysis, is examined in depth in Section 4. The book's final section offers invaluable applied information on careers available for performance analysts. With extended coverage of contemporary issues in performance analysis and contributions from leading performance analysis researchers and practitioners, Essentials of Performance Analysis in Sport 3rd Edition is a complete textbook for any performance analysis course, as well as an invaluable reference for sport science or sport coaching students and researchers, and any coach, analyst or**

**athlete looking to develop their professional insight. The Routledge Handbook of Applied Sport Psychology is a definitive guide to the theory and practice of applied sport psychology. It goes further than any other book in surveying the full variety of issues that practising sport psychologists will confront in their working lives. It introduces the most important tools and skills that psychologists will need to be truly helpful to their clients, and it also adopts a holistic definition of the role of the sport psychologist, explaining how effective counselling, assessment, and therapeutic models can add important**

**extra dimensions to professional practice. The book is divided into seven thematic sections, addressing: counselling assessment theoretical and therapeutic models issues for the individual athlete, from injury and overtraining to depression issues for teams, from conflict resolution to travel working with special populations mental skills, such as imagery, goal setting, and concentration. Moving beyond the traditional tracks of clinical psychology and performance enhancement, the authors in this book argue convincingly that psychologists would benefit from attempting to**

**understand athletes' social and familial contexts - their health, happiness, and interpersonal dynamics in the broadest sense - if they are to serve their clients' best interests. With contributions from many of the world's leading sport psychologists, and with clear descriptions of best practice in each chapter, the Routledge Handbook of Applied Sport Psychology is essential reading for all serious students and practitioners of sport psychology, counselling, applied sport science, health psychology, and related fields.**

**Routledge Handbook of Sport,  
Gender and Sexuality**



**Sport-specific Programming  
for High Performance  
Coaching Children in Sport  
Routledge Handbook of Sport  
Management  
Sport, Recovery, and  
Performance**

*Drawing on the latest scientific research, this handbook introduces the essentials of sport-specific strength and conditioning programme design for over 30 different sports. Enhanced by extensive illustrations and contributions from more than 70 world-leading experts, its chapters present evidence-based best practice for sports*

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*including football, rugby, tennis, hockey, basketball, rowing, boxing, golf, swimming, cycling and weightlifting, as well as a variety of wheelchair sports. Every chapter introduces the fundamental requirements of a particular sport - such as the physiological and biomechanical demands on the athlete - and describes a sport-specific fitness testing battery and exercise programme. Additional chapters cover the adaptation of programme design for special populations,*

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*including female athletes, young athletes and athletes with a disability. Drawing on the experiences of Olympic and Paralympic coaches and trainers, it offers original insights and practical advice from practitioners working at the highest level.*

*Innovative, comprehensive and truly international in scope, the Routledge Handbook of Strength and Conditioning is vital reading for all strength and conditioning students and an invaluable reference for strength and*

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*conditioning coaches and trainers.*

*The Routledge Handbook of Arabic Linguistics introduces readers to the major facets of research on Arabic and of the linguistic situation in the Arabic-speaking world. The edited collection includes chapters from prominent experts on various fields of Arabic linguistics. The contributors provide overviews of the state of the art in their field and specifically focus on ideas and issues. Not simply an overview of the*

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*field, this handbook explores subjects in great depth and from multiple perspectives. In addition to the traditional areas of Arabic linguistics, the handbook covers computational approaches to Arabic, Arabic in the diaspora, neurolinguistic approaches to Arabic, and Arabic as a global language. The Routledge Handbook of Arabic Linguistics is a much-needed resource for researchers on Arabic and comparative linguistics, syntax, morphology, computational linguistics,*

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*psycholinguistics, sociolinguistics, and applied linguistics, and also for undergraduate and graduate students studying Arabic or linguistics. The Routledge Handbook of Sport, Gender and Sexuality brings together important new work from 68 leading international scholars that, collectively, demonstrates the intrinsic interconnectedness of sport, gender and sexuality. It introduces what is, in essence, a sophisticated sub-area of sport sociology, covering*

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*the field comprehensively, as well as signalling ideas for future research and analysis. Wide-ranging across different historical periods, different sports, and different local and global contexts, the book incorporates personal, ideological and political narratives; varied conceptual, methodological and theoretical approaches; and examples of complexities and nuanced ways of understanding the gendered and sexualized dynamics of sport. It examines*

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*structural and cultural forms of gender segregation, homophobia, heteronormativity and transphobia, as well as the ideological struggles and changes that have led to nuanced ways of thinking about the sport, gender and sexuality nexus. This is a landmark work of reference that will be a key resource for students and researchers working in sport studies, gender studies, sexuality studies or sociology. Technological advances over the last two decades have placed genetic*



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*research at the forefront of sport and exercise science. It provides potential answers to some of contemporary sport and exercise's defining issues and throws up some of the area's most challenging ethical questions, but to date, it has rested on a fragmented and disparate literature base. The Routledge Handbook of Sport and Exercise Systems Genetics constitutes the most authoritative and comprehensive reference in this critical area of study, consolidating knowledge and providing a*

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*framework for interpreting future research findings. Taking an approach which covers single gene variations, through genomics, epigenetics, and proteomics, to environmental and dietary influences on genetic mechanisms, the book is divided into seven sections. It examines state-of-the-art genetic methods, applies its approach to physical activity, exercise endurance, muscle strength, and sports performance, and discusses the ethical considerations*

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associated with genetic research in sport and exercise. Made up of contributions from some of the world's leading sport and exercise scientists and including chapters on important topical issues such as gene doping, gender testing, predicting sport performance and injury risk, and using genetic information to inform physical activity and health debates, the handbook is a vital addition to the sport and exercise literature. It is an important reference for any upper-level student,

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*researcher, or  
practitioner working in  
the genetics of sport and  
exercise or exercise  
physiology, and crucial  
reading for any social  
scientist interested in  
the ethics of sport.*

*Routledge Handbook of  
Sport and the Environment*

*Routledge Handbook of  
Applied Sport Psychology*

*The Routledge Handbook of  
Clinical Sport Psychology*

*Global perspectives and  
fundamental concepts*

*The Routledge Handbook of  
Sport and Sustainable*

*Development*

**Identifying athletic**

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talent and developing that talent to its full potential is a central concern in sport.

Understanding talent identification and its implications for both positive and negative developmental outcomes is crucial to sporting success. This is the first comprehensive resource for scientists, researchers, students, coaches, analysts and policymakers looking to improve their knowledge of the talent identification and

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development process. With contributions from leading researchers and practitioners, this book offers a complete overview of contemporary talent identification and development from in-depth discussion of methodological and philosophical issues through to practical applications. Adopting an international and multi-disciplinary approach, it addresses all key aspects of the talent identification and development process,

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including skill acquisition and motor learning, psychological factors and family influences, creating optimal environments for performance, and dealing with injury and rehabilitation.

Presenting an unrivalled wealth of research, the Routledge Handbook of Talent Identification and Development in Sport is an essential resource for any undergraduate or postgraduate degree course in sport studies, sport science, sport

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coaching or sport management, as well as for sport policymakers, analysts and coaches. The natural environment is a central issue in both academic and wider societal discourse. The global sport industry is not immune from this discussion and has to confront its responsibility to reduce its impact on the natural environment. This book goes further than any other in surveying both the challenges and the



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opportunities presented to the sports industry as it engages with the sustainability agenda, exploring the various ways in which sport scholars can integrate sustainability into their research. With a multidisciplinary sweep, including management, sociology, law, events, and ethics, this is a ground-breaking book in the study of sport. Drawing on cutting-edge research, it includes over thirty chapters covering all the most

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important themes in contemporary sport studies such as: climate change, sustainability, and corporate social responsibility ethics, governance, and the law event management, tourism, and pollution marketing, branding, and consumer behavior the Olympics, urban development, and mega-event legacies. With contributions from world-leading researchers and practitioners from around the globe, this is the most

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comprehensive book ever published on sport and the environment.

Athlete welfare should be of central importance in all sport. This comprehensive volume features cutting-edge research from around the world on issues that can compromise the welfare of athletes at all levels of sport and on the approaches taken by sports organisations to prevent and manage these. In recent years, sports organisations have increased their

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efforts to ensure athlete health, safety, and well-being, often prompted by high-profile disclosures of sexual, physical, and emotional abuse; bullying; discrimination; disordered eating; addiction; and mental health issues. In this book, contributors lift the lid on these and other issues that jeopardise the physical, emotional, psychological, social, and spiritual welfare of athletes of all ages to

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raise awareness of the broad range of challenges athletes face. Chapters also highlight approaches to athlete welfare and initiatives taken by national and international sport organisations to provide a safer, more ethical sports environment. As the first book to focus exclusively on athlete welfare, this is an essential read for students and researchers in sports studies, coaching, psychology,

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performance, development and management, and physical education. It is also a useful reference point for anyone working in welfare, safeguarding, child protection, and equity and inclusion in and beyond sport. Sport performance analysis techniques help coaches, athletes and sport scientists develop an objective understanding of actual sport performance, as opposed to self-report, fitness tests or

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laboratory based experiments. For example, contemporary performance analysis enables elite sports people and coaches to obtain live feedback of match statistics and video sequences using flexible internet systems, systems that have become an indispensable tool for all those involved in high performance sport. The Routledge Handbook of Sports Performance Analysis is the most comprehensive guide to

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this exciting and dynamic branch of sport science ever to be published. The book explores performance analysis across the four main contexts in which it is commonly used: support for coaches and athletes; the media; judging sport contests, and academic research. It offers an up-to-date account of methodological advances in PA research, assesses the evidence underpinning contemporary theories of



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sport performance, and reviews developments in applied PA across a wide range of sports, from soccer to track and field athletics.

Covering every important aspect of PA, including tactics, strategy, mechanical aspects of technique, physical aspects of performance such as work-rate, coach behaviour and referee behaviour, this is an essential reference for any serious student, researcher or practitioner working in

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sport performance  
analysis, sport coaching  
or high performance  
sport.

Research Methods for  
Sports Performance  
Analysis

An Introduction

The Routledge Handbook  
on Biochemistry of  
Exercise

An Introduction to  
Performance Analysis of  
Sport

Routledge Handbook of  
Sports Development

From carbon fibre racing bikes to  
'sharkskin' swimsuits, the  
application of cutting-edge design,

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technology and engineering has proved to be a vital ingredient in enhanced sports performance. This is the first book to offer a comprehensive survey of contemporary sports technology and engineering, providing a complete overview of academic, professional and industrial knowledge and technique. The book is divided into eight sections covering the following topics : Sustainable Sports Engineering Instrumentation Technology Summer Mobility Sports Winter Mobility Sports Apparel and Protection Equipment Sports Implements (racquets, clubs, bats, sticks) Sports Balls Sports Surfaces and Facilities Written by an international team of leading experts

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from industry, academia and commercial research institutes, the emphasis throughout the book is on innovation, the relationship between business and science, and the improvement of sports performance. This is an essential reference for anybody working in sports technology, sports product design, sports engineering, biomechanics, ergonomics, sports business or applied sport science.

Performance analysis has become an essential tool for coaches, athletes, sports organisations and academic researchers. Collecting and interpreting performance data enables coaches to improve their training programmes, athletes to make better tactical decisions, sports

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organisations to manage teams more effectively, and researchers to develop a better understanding of sports performance. This book is an essential introduction to the fundamental principles of performance analysis of sport and how to develop and operate performance analysis systems. Containing worked examples from real sporting events throughout, the book introduces the basics of quantitative and qualitative performance analysis, reviews the different types of data and information that performance analysis can generate, and explains how to test for reliability. It presents a step-by-step guide to developing both manual and computerised

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analysis systems, and writing up and presenting findings from performance analysis programmes. Representing the most up-to-date, concise and engaging introduction to sports performance analysis, this book is an ideal course text for all introductory performance analysis courses, as well as an invaluable primer for coaches and practitioners in sport.

Written by an international team of expert contributors, this unique global and authoritative survey explores in full but accessible detail the basic constructs and concepts of modern sport and exercise psychology and their practical application. The book consists of 62 chapters, written by 144

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contributors, deriving from 24 countries across the world. The chapters are arranged in nine cohesive sections: sport and exercise participants; the influence of environments on sport and exercise; motor skills; performance enhancement; building and leading teams; career, life skills and character development; health and well-being enhancement; clinical issues in sport psychology; and professional development and practice. Each chapter contains chapter summaries and objectives, learning aids, questions, exercises and references for further reading. Its comprehensive scale and global reach make this volume an essential companion for students, instructors

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and researchers in sport science, sport and exercise psychology, psychology, and physical education. It will also prove invaluable for coaches and health education practitioners.

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Ergonomics is concerned with the 'fit' between people and their work. With an increasing number of people becoming conscious



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about their health and participating in sport or physical activity, ergonomics has become an increasingly prominent concern within the sport and exercise sciences. From the design of footwear and artificial playing surfaces, to studies of proprioception by obese children , the way in which people interact with their environment - designed and natural - has important implications for performance sport and for the design of safe and beneficial forms of physical activity. The Routledge Handbook of Ergonomics in Sport and Exercise is the first book to offer a comprehensive

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- Measurement in sports and exercise
- Modeling and simulation in ergonomics design
- Influence of playing surface, footwear and equipment design
- Bridging the gap between

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fundamental scientific research in sport and exercise and applications in sport and exercise contexts, this is an important reference for all advanced students, researchers and professionals working in sport and exercise science, kinesiology, sports technology, sports engineering, ergonomics, and product design.

Clinical sport psychology is a rapidly growing field that brings together research and clinical interventions from both clinical psychology and sport and performance psychology.

Complementary to sports medicine and clinical sport

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psychiatry, clinical sport psychology addresses the mental health needs and psychological well-being of athletes, coaches, and other members of the sport community. It offers scientifically informed conceptualizations of psychological distress as it manifests in sport settings, as well as empirically supported clinical interventions tailored to the needs of sport populations. This volume addresses the latest research findings regarding mental health among athletes and other sport professionals, including epidemiological research concerning depression,

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anxiety, eating disorders, and conduct and interpersonal problems. In addition, it explores the unique etiology of mental health problems among athletes, including psychological sequelae of injury and trauma, as well as concise practice guidelines for conceptualizing and treating psychological distress in sport populations. Strategies for thorough yet efficient psychological assessment of athletes, coaches, and other sport professionals are also provided. A compendium of relevant empirical research and clinical best practices for assessment and treatment, this

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handbook charts the course that clinical sport psychology has taken since its inception as a distinct clinical specialty and highlights future directions for this rapidly growing practice domain. It offers essential reading for psychologists and other mental health professionals who provide clinical services in sport and performance settings. The last two decades have witnessed a proliferation of qualitative research in sport and exercise. The Routledge Handbook of Qualitative Research in Sport and Exercise is the first book to offer an in-depth survey of established and

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emerging qualitative methods, from conceptual first principles to practice and process. Written and edited by a team of world-leading researchers, and some of the best emerging talents, the book introduces a range of research traditions within which qualitative researchers work. It explores the different methods used to collect and analyse data, offering rationales for why each method might be chosen and guidance on how to employ each technique successfully. It also introduces important contemporary debates and goes further than any other book in exploring new methods,

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concepts, and future directions, such as sensory research, digital research, visual methods, and how qualitative research can generate impact. Cutting-edge, timely and comprehensive, the Routledge Handbook of Qualitative Research in Sport and Exercise is an essential reference for any student or scholar using qualitative methods in sport and exercise-related research.

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now being used by professional soccer clubs around the world. Bridging the gap between research, theory and practice, these methods can be used by coaches, sport scientists and fitness coaches to assess and improve: styles of play, technical ability and physical fitness objective performance feedback to players the development of specific training routines use of available notation software, video analysis and manual systems understanding of current academic research in soccer notational analysis. This is the first book to focus exclusively on football, and is

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*physical education and physiology, the book examines the importance of sport during a key transitional period of our lives, from the later teenage years into the early twenties, and therefore helps us develop a better understanding of the social construction of young people's lives. The book covers youth sport in all its forms, from competitive game-contests and conventional sport to recreational activities, exercise and lifestyle sport, and at all levels, from elite competition to leisure time activities and school physical education. It explores youth sport across the world, in developing and developed countries, and touches on some of the most significant themes and issues in contemporary sport studies, including physical activity and health, lifelong participation, talent*

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*identification and development, and safeguarding and abuse. No other book brings together in one place such a breadth and depth of material on youth sport or the engagement of young people in physical activity. The Routledge Handbook of Youth Sport is therefore important reading for all advanced students, researchers, practitioners and policy-makers with an interest in youth sport, youth culture, sport studies or physical education.*

*From its early beginnings in the 1960s, the academic field of biochemistry of exercise has expanded beyond examining and describing metabolic responses to exercise and adaptations to training to include a wide understanding of molecular biology, cell signalling, interorgan communication, stem cell*

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*physiology, and a host of other cellular and biochemical mechanisms regulating acute responses and chronic adaptations related to exercise performance, human health/disease, nutrition, and cellular functioning. The Routledge Handbook on Biochemistry of Exercise is the first book to pull together the full depth and breadth of this subject and to update a rapidly expanding field of study with current issues and controversies and a look forward to future research directions. Bringing together many experts and leading scientists, the book emphasizes the current understanding of the underlying metabolic, cellular, genetic, and cell signalling mechanisms associated with physical activity, exercise, training, and athletic performance as they relate to, interact*

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*with, and regulate cellular and muscular adaptations and consequent effects on human health/disease, nutrition and weight control, and human performance. With more emphasis than ever on the need to be physically active and the role that being active plays in our overall health from a whole-body level down to the cell, this book makes an important contribution for scholars, medical practitioners, nutritionists, and coaches/trainers working in research and with a wide range of clients. This text is important reading for all students, scholars, and others with an interest in health, nutrition, and exercise/training in general.*

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*for coaches and athletes looking to develop their insight into sports performance analysis.*

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*expertise sports development policy in-depth case studies, including European soccer, East African running and US pro sports. With an emphasis throughout on practical implications and processes for all those working in sport, the book offers an authoritative evaluation of the strengths and weaknesses of contemporary systems for identifying and developing talent in sport. This is important reading for any student, researcher or practitioner with an interest in skill acquisition, youth sport, elite sport, sports coaching or sports development.*

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**Soccer is the world's most valuable sport, generating bigger revenues, as well as being watched and played by more people, than any other. It is virtually impossible to understand the business of sport without understanding the football industry. This book surveys contemporary football in unparalleled breadth and depth. Presenting critical insights from world-leading football scholars and introducing**

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**which examines both the psychological and physiological dimensions to recovery from sport. Including contributions from medicine, neuroscience, psychology and sport science, the book expertly explores the implications for applied and strategic interventions to both retain and stabilize performance, and promote health and well-being. Including chapters written by its leading experts, the book represents an important milestone in this evolving field of study. It covers**

**issues around measuring recovery, the impact of overtraining on sleep and mental health, and addresses topics such as the impact of travel on performance. The book informs not only how managing recovery can improve performance, but also offers insights in how recovery can sustain athletes' physical and mental health. Citing research from a range of individual and team sports, as well as extreme situations and the workplace, this is an**

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**The Routledge Handbook of Sport Governance is a comprehensive and authoritative survey of the wide range of issues**



**shaping sport governance. It considers the evolution of the sport industry from a largely amateur, volunteer-driven sector into the globalised business that it is today and examines how professionalisation has fundamentally shifted the governance landscape for sport organisations and all those working within sport. Written by a team of leading sport management scholars from around the world, the book is organised around five key themes: • Part I: Overview of sport governance • Part II:**

**Environmental context and policy perspectives • Part III: Ownership structures and governance models: Implications for sport governance • Part IV: Board roles in the governance process • Part V: Future sport governance challenges**  
Each chapter reviews the most recent research available and, in some cases, presents new data to support previously published studies. As sport governance is a relatively young field, each chapter maps future research needs to provide direction for

**sport governance scholars.**

**A special feature of the handbook is a series of nine shorter research chapters in Part IV examining board roles in the governance process, tying theory to the day-to-day practical aspects of running a sport organisation. With broader and deeper coverage of the key issues in contemporary sport governance than any other book, this handbook is essential reading for students, researchers and practitioners in sport business and management.**

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