

Uk Strength And Conditioning Association

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 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 gives detailed, step-by-step guides to all key training methodologies, including training for speed, endurance, flexibility and 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-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 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.

The Science of Sport series is essential reading for students, coaches and performers, physiotherapists, club doctors and professional support staff working in sport. The Science of Sport: Squash offers both scientific research and athlete testimonials to show that squash is one of the most physically demanding, mentally draining, and taxing of all sports in the world. Success in this sport requires extreme levels of fitness, optimal and specific strength, relentless psychological toughness, intelligent tactical prowess, and sublime technical proficiency. Key topics covered include: how sports science has developed in squash and how it is deployed by elite players and coaches; case studies and testimonials from some of the world's greatest players and coaches highlighting the value and impact of sports science in elite squash; sports science methodologies and interventions that all players and coaches can use to enhance the physical, mental, technical and tactical attributes required to succeed in squash; an overview of the principles and practice of sport science and how these impact on player development at all levels of sport; a detailed analysis of the latest ways in which science has influenced and improved the sport of squash. Of great interest to sport science professionals, teachers and students and squash players and illustrated with 38 colour photographs, graphs and tables.

Elite Performance: Running is the second in a new series of Elite Performance titles aimed at aspiring recreational athletes who typically train and compete at club level and above. The increased use of lab-based sports testing in recent years has considerably raised awareness of the impact of sports science on training and performance, and many coaches, trainers and athletes are looking for more information and guidance on how to apply this knowledge to their own training. This approach is at the heart of the Elite Performance: Running, which includes structuring a training programme, how and when to use different levels of training, the importance of rest and recovery, goal-oriented physiological assessment, principles of heart rate training, and detailed sections on injury prevention/treatment and nutrition. There is also a section on race day preparations and planning. With a practical full-colour design and packed with stunning colour photography, Elite Performance: Running is an indispensable companion for the middle- and long-distance runner, giving them all the information and tools to gain a competitive edge and stay fit.

Youth Rugby provides a summary of the latest and most up-to-date research evidence in relation to developing the youth rugby player. The book provides an overview of the latest scientific research for key topics related to the youth rugby player across the codes of rugby (union, league and 7's; mainly league and union in youth players) whilst also summarising the quality of the evidence available and the limitations of this research and highlighting key future research directions. The book covers a range of fundamental scientific topics relating to paediatric exercise science, human physiology, youth athletic development and high-performance sport. Each author is an experienced researcher within their respective discipline related to the youth rugby player. The book includes chapters on: • Long-term athletic development, growth and maturation, talent identification and the physical demands of youth rugby training and match-play. • Physical characteristics and the current evidence behind training methods to promote desired physical qualities. • Fatigue and recovery, the tackle, psychosocial development, nutrition and injury prevalence and prevention. This text is essential reading for all scientists, students and applied researchers wanting to develop world-class, evidence-based programmes for their youth athletes.

A Guide for Coaches and Players

The Little Black Book of Training Wisdom

Strength and Conditioning for Female Athletes

Training for Sports Performance

Strength and Conditioning for Sports Performance

The Warm-Up

Integrates scientific principles underlying the specific requirements of soccer conditioning, and presents programs designed to address those needs. Individual chapters are devoted to each of the key fitness variables required for top soccer performance. Contains 250 clear photographs and illustrations.

High-Performance Training for Sports changes the landscape of athletic conditioning and sports performance. This groundbreaking work presents the latest and most effective philosophies, protocols and programmes for developing today's athletes. High-Performance Training for Sports features contributions from global leaders in athletic performance training, coaching and rehabilitation. Experts share the cutting-edge knowledge and techniques they've used with Olympians as well as top athletes from the NBA, NFL, MLB, English Premier League, Tour de France and International Rugby. Combining the latest science and research with proven training protocols, High-Performance Training for Sports will guide you in these areas:
• Optimise the effectiveness of cross-training.
• Translate strength into speed.
• Increase aerobic capacity and generate anaerobic power.
• Maintain peak conditioning throughout the season.
• Minimise the interference effect.
• Design energy-based performance programmes.
Whether you are working with high-performance athletes of all ages or with those recovering from injury, High-Performance Training for Sports is the definitive guide for developing all aspects of athletic performance. It is a must-go guide for any serious strength and conditioning coach, trainer, rehabilitator or athlete.

Authorised by the National Strength and Conditioning Association, Developing Power is the definitive resource for developing athletic power. With exercises and drills, assessments, analysis, and programming, this book will elevate power and performance in all sports.

Written for both the undergraduate/graduate level student as well as practitioners in the field, this text incorporates all programming aspects of strength and conditioning including training methods to develop muscular strength and power, flexibility, and the development of effective warm-up regimens. Performance analysis techniques in sport are introduced while the constraints-led approach to motor skills acquisition is presented as a framework that can guide the development of training programs for the strength and conditioning practitioner. The biomechanical and motor skill acquisition concepts introduced in the text are then applied to fundamental movements including jumping, landing, and sprint running. Key Features:
• Provides a solid introduction to biomechanics pertinent to the study of human movement.
• Discusses the performance analysis techniques in sport that can be used by the strength and conditioning practitioner to determine the physiological, mechanical, and technical demands of specific sports, and also the assessment of the techniques used in the execution of sport-specific skills.
• Includes a critical review of the different approaches to motor skill acquisition.
• Incorporates clear learning objectives and worked examples in each chapter that allow readers to apply the concepts to real-life situations.
• Discusses the application of the most recent research pertinent to concepts in each chapter.
• Includes appendices to expand on some of the more complex mathematical techniques required to perform biomechanical analyses and useful resources to aid the student in locating and evaluating scientific evidence.

Maximize Performance and Improve Long-Term Athletic Development

Science and Application

Sports Rehabilitation and Injury Prevention

A Handbook for Teaching and Learning in Higher Education

Optimizing Training and Performance

An Interdisciplinary Approach

Becoming an effective strength and conditioning practitioner requires the development of a professional skills set and a thorough understanding of the scientific basis of best practice. Aimed at advanced students and beginning practitioners, this book explores the latest scientific evidence and applies it to exercise selection and programming choices across the full range of functional areas in strength and conditioning, from strength and power to speed and agility. 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, its chapters are enhanced by extensive illustrations and address key topics such as: fitness testing and data analysis; developing strength and power; motor skill acquisition and development strategies for competition; priming; monitoring training load; fatigue and recovery. Advanced Strength and Conditioning: An Evidence-based Approach is a valuable resource for all advanced students and practitioners of strength and conditioning and fitness training.

Coaching is an increasingly important area of sports science courses, and this text provides accessible and up-to-date coverage of this key topic. Modern coaches need to be applied scientists who keep abreast of research and are able to apply a multidisciplinary understanding to their practice. The book therefore examines coaching in terms of biomechanics, physiology and psychology, as well as perennial issues such as athlete motivation, nutrition, design of training programmes, talent identification, monitoring and ethics. Written by an author who combines academic expertise with high-level practical experience, the book successfully links theory with case studies.

Essentials of Youth Fitness is an evidence informed, practical guide for fitness and strength and conditioning professionals working with younger clientele. Backed by the American College of Sports Medicine (ACSM) and coauthored by three leading authorities in pediatric exercise science, this cutting-edge book reflects current research. It is built around the modern understanding that youth are not simply smaller versions of adults but are instead a special population with their own specific needs. This is a must-have resource for professionals working with young clients. Readers will learn the scientific theories behind youth training as well as how to apply them to help design effective programs that maximize creativity, engagement, and fun. This seminal resource is broken into three parts to systematically bridge the gap between science and practice.

Part I lays the groundwork for understanding fundamental concepts of pediatric exercise science, including physiology, growth and maturation, long-term athletic development, and pedagogical strategies. Part II is devoted to the assessment of youth fitness and development of fitness components, including motor skill, strength and power, speed and agility, and aerobic and anaerobic fitness, and it features a chapter on designing training programs. This practical section will demonstrate the impact of factors specific to youth on fitness, and it will teach readers how to design programs to meet the needs of youth of varying abilities and different stages of development. Sample training sessions with accompanying exercise photos within each chapter offer clear visual guidelines for implementing exercises correctly. Part III delves into modern-day topics specific to the youth population, including participation in organized sports and injury concerns, overweight and obese youth, those diagnosed with clinical conditions such as diabetes, asthma, and physical and mental disabilities, and the role of nutrition in healthy lifestyle habits. Learning aids throughout the text enhance comprehension and enable practitioners to quickly locate important information. Chapter objectives and key terms reinforce learning, while Teaching Tip boxes contextualize important themes and Do You Know? boxes illustrate practical application of the content. Combining the science of pediatric exercise with the practice of designing youth fitness programs, Essentials of Youth Fitness provides professionals with the information necessary to create a safe, effective exercise experience that sparks an ongoing interest in active play, exercise, and sports participation. CE exam available! For certified professionals, a companion continuing education exam can be completed after reading this book. Essentials of Youth Fitness Online CE Exam may be purchased separately or as part of the Essentials of Youth Fitness With CE Exam package, which includes both the book and the exam.

This text provides a comprehensive, practical, evidence-based guide to the field. It covers each stage of the rehabilitation process from initial assessment, diagnosis and treatment, to return to pre-injury fitness and injury prevention. Presenting a holistic approach, this text also addresses the nutritional and psychological aspects of the rehabilitation process for the amateur sports enthusiast as well as elite athletes. Divided into five parts, Parts I, II and III cover screening and assessment, the pathophysiology of sports injuries and healing and the various stages of training during the rehabilitation process. Part IV covers effective clinical decision making, and Part V covers joint specific injuries and pathologies in the shoulder, elbow wrist and hand, groin and knee. Key features: Comprehensive. Covers the complete process from diagnosis and treatment to rehabilitation and prevention of injuries. Practical and relevant. Explores numerous real world case studies and sample rehabilitation programmes to show how to apply the theory in practice. Cutting Edge. Presents the latest research findings in each area to provide an authoritative guide to the field.

An Evidence-based Approach

How to Train to Improve at Any Sport

Learning in Sports Coaching

Science of Stretching

Strength and Conditioning

Drawing on empirical research, this fascinating new book explores the embodied experiences of ' gym goers ' and the fitness cultures that are constructed within gyms and fitness spaces. Gym Bodies offers a personal, interactive, ethnographic account of the multiplicity of contemporary gym practices, spaces and cultures, including bodybuilding, CrossFit and Spinning. It argues that gym bodies are historically constructed, social, sensual, emotional and political; that experience intersects with multiple embodied identities; and that fitness cultures are profoundly important in shaping the body in wider contemporary culture. This is important reading for students, tutors and researchers working in sport and exercise studies, sociology of the body, health studies, leisure, cultural studies, gender and education. It is also a valuable resource for policy makers and practitioners within the fields of sport, leisure, health and education.

Sports coaches apply their skills in a wide variety of contexts, and with a more diverse range of athletes and participants, than ever before. This book introduces the professional competencies and knowledge needed to build successful working relationships across the different communities and groups with which coaches operate. The book offers important insight for coaches who work with specific populations including different age groups; black, Asian and minority ethnic (BAME) people; those of different gender or sexual orientation; individuals with disabilities or illnesses; the socio-economically disadvantaged; and refugees. Drawing on real-world case studies, such as coaching girls in combat sports and coaching cardiac rehab patients, and adopting a critical approach to values, philosophy and pedagogic process, this book argues that understanding the recipient of coaching and their particular needs is as important as content knowledge. With contributions from leading coaching researchers and practitioners, this is important reading for developing coaches, students on sports courses and other individuals involved in the sport pedagogy domain who seek to gain a better understanding of the demands of meeting the specific needs of people in the coaching process.

Women's sport in general has gained an increasingly higher profile and level of respect in recent years, and it is becoming widely acknowledged that a female athlete's training programmes will differ in several respects from that of their male counterparts. Despite this, there is a dearth of research evidence available to coaches and athletes to guide the planning and programming process, with limited comparisons of training adaptations between the genders and in particular, a lack of investigation into elite female performers. Strength and Conditioning for Female Athletes contains insights from various experts in this specialised area. This text outlines specifically what is and what isn't known regarding female athlete development, and exposes the gaps that currently exist in the academic literature, with practical examples of applied practice. Coaches, sports scientists and athletes themselves will find here a wealth of useful information, with topics including: needs analysis; programme design for the basic biomotor abilities; speed and agility; long-term athlete development; the menstrual cycle and gender-specific injuries.

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 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 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.

Science of Sport: Squash

The Complete Step-by-Step Guide to a Stronger, Sculpted Body

The Science and Practice of Middle and Long Distance Running

Designing and Teaching Fitness Education Courses

Theory and Application

Developing Power

The Warm-Up is the first book to describe the science of the warm-up and provide guidelines to maximize its effectiveness through the process of constructing effective RAMP-based warm-ups. The RAMP system—Raise, Activate, Mobilize, and Potentiate—looks at the warm-up not only as preparation for the upcoming session, but also as tool for athletic development that can cultivate the skills and lead to capabilities in sport. RAMP has become a standard warm-up system recommended by the United Kingdom Strength and Conditioning Association (UKSCA) and is included in professional resources developed by the National Strength and Conditioning Association (NSCA). The game of golf has changed dramatically over the last 20 years, with powerful, big-hitting players dominating at the elite level. With limitation and regulation of equipment being mandated by the R&A, players are increasingly looking to alternative options to increase their physicality to improve likelihood of winning. This is an area in which adding strength and conditioning training to a golfer's training programme will help to benefit performance. However, many players and coaches lack confidence or knowledge to train with strength and conditioning techniques, which is where this book, focusing on strength and conditioning and its application in golf, will help. Strength and Conditioning for Golf provides golfers and coaches with the evidence and practical suggestions to ensure that the choices they make about their training are informed and objective. This new volume examines why strength and conditioning techniques and principles are important for modern golf, blending scientific principles with real-world, practical advice and tips. Strength and Conditioning for Golf is of interest to golfers and coaches of all levels, as well as being of interest to researchers, students and coaches in the fields of: strength and conditioning, fitness and training, performance analysis, skill acquisition and other related sport science disciplines.

Work out, enhance your muscle mass, and get amazing results. This comprehensive guide targets every muscle group for a sculpted, leaner, and healthier body. Strength Training features more than 140 exercises using both equipment and free weights. Whether you wish to hit the gym or train at home, it will quickly help you achieve your goals - a sculpted physique, stronger bones, better balance and posture, and more energy for everyday living and sport. The exercises target every part of the body and include stretches and dynamic lifts. Step by step, Strength Training tells you how to do each one safely, with detailed anatomical artworks that show precisely which muscles you are targeting. It also shows how to plan your training with "smarter" goals, and gives you beginner, intermediate and advanced programs. With information on optimizing your diet and answers to common questions, this indispensable volume puts you on the fast track for a lean and healthy body.

Strength and Conditioning for Young Athletes offers an evidence-based introduction to the theory and practice of strength and conditioning for children and young athletes. Drawing upon leading up-to-date research in all aspects of fitness and movement skill development, the book adopts a holistic approach to training centred on the concept of long-term athletic development and the welfare of the young athlete. While other texts focus on a single aspect of youth trainability, this book explores every key topic in strength and conditioning as applied to young people, including: talent identification motor skill development strength, power and plyometrics speed and agility metabolic conditioning mobility and flexibility periodization weightlifting myths overtraining and injury prevention nutrition. Written by a team of leading international strength and conditioning experts and paediatric sport scientists, every chapter includes programming guidelines for youths throughout childhood and adolescence to show how the latest scientific research can be applied by coaches 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 or athletic trainer working with children and young people.

Strength and Conditioning for Golf

Strength and Conditioning for Young Athletes

You're Hired

Gym Bodies

Strength and Conditioning for Rugby Union

Theory and Practice

Understanding rationale, physiology and sports injury management, this is an innovative clinical- and evidence-based guide, which engages with the latest developments in athletic performance both long and short term. It also considers lower level exercise combined with the pertinent physiological processes. It focuses on the rationale behind diagnostic work up, treatment bias and rehabilitation philosophy, challenging convention within the literature to what really makes sense when applied to sports settings. Drawing upon experts in the field from across the world and various sports settings, it implements critical appraisal throughout with an emphasis on providing practical solutions within sports medicine pedagogy. Dovetails foundational sports physiology with clinical skills and procedures to effectively manage sports injuries across a variety of settings Takes an interdisciplinary approach and draws upon both clinical- and evidence-based practice Contributed by leading international experts including academics, researchers and in-the-field clinicians from a range of sports teams including the Royal Ballet and Chelsea FC Pedagogical features include learning objectives, clinical tip boxes, summaries, case studies and Editor's commentary to/critique of concepts and techniques across chapters

An indispensable companion for the middle and long distance runner, with all the information and tools required to gain a competitive edge and stay fit.

Helps physical educators and implement fitness education courses in their curricula. Includes pacing guides, which act as a teacher's blueprint throughout a semester, and offers 139 video clips and 211 instructional photos that show the activities, all of which require no equipment. It is essential skill for any strength and conditioning coach to be able to reliably assess the physical performance of their athletes and communicate the results and their implications to performers and coaches, alike. Performance Assessment in Strength and Conditioning is the first textbook to clearly and coherently 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, including questions of ethics and safety, reliability and validity, and standardised testing, before going on to recommend (through a comparison of field- and laboratory-based techniques) the optimal methods for testing all aspects of physical performance, including: injury risk jump performance sprint performance change of direction and agility strength power aerobic performance body composition Closing with a section on interpreting, presenting and applying results to practice, and illustrated with real-life case study data throughout, Performance Assessment in Strength and Conditioning offers the most useful guide to monitoring athlete performance available. It is an essential text for upper-level strength and conditioning students and practitioners alike.

Youth

Routledge Handbook of Strength and Conditioning

Coaching Science

Essentials of Youth Fitness

Advanced Strength and Conditioning

The Colour-Fit Method

UK Strength and Conditioning Association 4th Annual Conference 2008Routledge Handbook of Strength and ConditioningSport-specific Programming for High PerformanceRoutledge

'Colour-Fit is an amazing resource that helped me realise one of sports greatest achievements' Wes Morgan, Captain of Leicester City Premier League winning team The Colour-Fit Method has only been available to those in professional sport - a secret weapon for athletes to optimise body shape, health and performance. Now, Colour-Fit's founder Dr Tom Little tells you in on the secret, too. The Colour-Fit Method is a revolutionary approach to nutrition and fitness. With over 90 recipes and meal plans, and multiple tailored training and nutrition plans to suit a range of goals, the simple, sustainable and evidence-based method outlined in The Colour-Fit Method will help you to look and feel better, perform at your best and lead a healthier and more active life. Dr Tom Little is a performance and health specialist with over twenty years' professional experience. His Colour-Fit method has rapidly become a revolutionising force in elite sport, having been used by many of the world's best-loved teams, including Manchester City, Arsenal, Chelsea, St Helens, Welsh Rugby Union, Saracens, Melbourne Demons, Sri Lankan Cricket and Manchester United, in addition to multiple motor sport, triathlon and combat athlete champions. 'Colour-Fit is one of the best methods I've seen in years' Tony Strudwick, Head of Performance, Arsenal Academy and Welsh FA Dr Tom Little is 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 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, 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 conditioning coaches and trainers.

Developed by the National Strength and Conditioning Association (NSCA) and now in its fourth edition, Essentials of Strength Training and Conditioning is the essential text for strength and conditioning professionals and students. This comprehensive resource, created by 30 expert contributors in the field, explains the key theoretical concepts, and scientific principles of strength training and conditioning as well as their direct application to athletic competition and performance. The scope and content of Essentials of Strength Training and Conditioning, Fourth Edition with HKPropel Access, have been updated to convey the knowledge, skills, and abilities required of a strength and conditioning professional and to address the latest information found on the Certified Strength and Conditioning Specialist (CSCS) exam. The evidence-based approach and unbeatable accuracy of the text make it the primary resource to rely on for CSCS exam preparation. The text is organized to lead readers from theory to program design and practical strategies for administration and management of strength and conditioning facilities. The fourth edition contains the most current research and applications and several new features: Online videos featuring 21 resistance training exercises demonstrate proper exercise form for classroom and practical use. Updated research—specifically in the areas of high-intensity interval training, overtraining, agility and change of direction, nutrition for health and performance, and periodization—helps readers better understand these popular trends in the industry. A new chapter with instructions and photos presents techniques for exercises using alternative modes and nontraditional implements. Ten additional tests, including those for maximum strength, power, and aerobic capacity, along with new flexibility exercises, resistance training exercises, plyometric and speed and agility drills help professionals design programs that reflect current guidelines. Key points, chapter objectives, and learning aids including key terms and self-study questions provide a structure to help students and professionals conceptualize the information and reinforce fundamental facts. Application sidebars provide practical application of scientific concepts that can be used by strength and conditioning specialists in real-world settings, making the information immediately reliable and usable. Online learning tools delivered through HKPropel provide students with 11 downloadable lab activities for practice and retention of information. Further, both students and professionals will benefit from the online videos of 21 foundational exercises that provide visual instruction and reinforce proper technique. Essentials of Strength Training and Conditioning, Fourth Edition, provides the most comprehensive information on organization and administration of facilities, testing and evaluation, exercise techniques, training adaptations, program design, and structure and function of body systems. Its scope, precision, and dependability make it the essential preparation text for the CSCS exam as well as a definitive reference for strength and conditioning professionals to consult in their everyday practice. Note: A code for accessing HKPropel is not included with this ebook but may be purchased separately.

High-Performance Training for Sports

Sport-specific Programming for High Performance

Performance Assessment in Strength and Conditioning

The secret nutrition and fitness plan used by elite athletes that will transform your body shape, energy and health

Enhancing academic practice

A Comprehensive Guide to Sports Physiology and Injury Management

Before athletes can become strong and powerful, they need to master the movement skills required in sport. Athletic Movement Skills covers the underlying science and offers prescriptive advice on bridging the gap between scientist and practitioner so coaches and athletes can work together to achieve dominance.

This entirely new edition of a very successful book focuses on developing professional academic skills for supporting and supervising student learning and effective teaching. It is built on the premise that the roles of those who teach in higher education are complex and multi-faceted. A Handbook for Teaching and Learning in Higher Education offers a range of approaches to teaching, research, scholarship, and academic management. The new edition reflects and responds to the rapidly changing context of higher education and to current understanding of how to best support student learning. Drawing together a large number of expert authors, it continues to feature extensive use of case studies that show these ideas. It includes key topics such as student engagement and motivation, internationalisation, employability, inclusive strategies for teaching, effective use of technology and issues relating to postgraduate students and student retention. Part 1 explores a number of aspects of the context of UK higher education that affect the education of students, and how to achieve success as a university teacher. Part 2 examines learning, teaching and supervising in higher education and includes chapters on working with diversity, encouraging independent learning and learning gain. Part 3 considers approaches to teaching and learning in different disciplines, covering a full range of sciences, experimental sciences through to medicine and dentistry. Written to support excellence in teaching and learning design required to bring about student learning of the highest quality, this will be essential reading for all new lecturers, particularly anyone taking an accredited course in teaching and learning in higher education who wish to improve their teaching practice. Those working in adult learning and educational development will also find the book to be a particularly useful resource. In addition it will appeal to staff who support learning and teaching in various other roles. Ex-international player, Joel Bramming presents the underpinning science of strength and conditioning in rugby union. Using the fundamental principles of training, he details a structure of assessing rugby players that in turn will allow appropriate training interventions to be planned out and, most importantly, coached to a wide range of rugby athletes in all sports, rely on speed. Whether it involves sprinting down the court on a fast break or chasing a loose ball, speed often contributes to overall athletic ability. Developing Speed teaches you how to elevate your speed in a scientifically based manner that will have you blowing by the competition. Written by eight of the top Nat experts, Developing Speed is your guide to elite-level speed development, regardless of your sport. In addition to the scientific coverage of speed development, this guide helps you assess your current ability and identify your areas of greatest need. Using this information, along with the most effective drills and exercises, you'll have the top speed development program. If increasing your athletic speed is what you're seeking, then look no further. With the cutting-edge information packed into this one resource, you'll achieve new personal bests and reach your most aggressive goals. Developing Speed is the only tool you need to develop your personal program and take your sport to the next level. Essentials of Strength Training and Conditioning

From Middle Distance to Marathon

UK Strength and Conditioning Association 4th Annual Conference 2008

Running

Exploring Fitness Cultures

Sport Coaching with Diverse Populations

Are you making the most of your training? In "The Little Black Book of Training Wisdom", Dr Dan Cleather challenges us to expect more from our training and demonstrates that dominant athletic prowess is built by working smarter not harder. He outlines the most common mistakes that people make in training and offers practical advice on how they can be avoided. "Dan cuts through the intellectual rubbish bin that has dominated our field for the last few decades and gives us clarity and insight." - Dan John, author of "Easy Strength" and "Never Let Go".

The Science of Stretching is a research-based book that brings together the scientific principles of many different modalities of stretching and its application to the general and sporting populations. The book reviews static stretching, dynamic stretching, ballistic stretching, vibration platform, PNF, myofascial release, Pilates and Yoga, as well as post-operative, chronic and acute injury benefits. Appropriate prescription, application and expected outcomes are explained, which will revolutionize the way you choose to stretch. The effect of stretching on performance indicators, like delayed onset muscle soreness (DOMS), running economy, speed and power, as well as chronic pain, growth-related, acute and chronic injury and exercise-associated muscle cramp are all reviewed and discussed from the latest research. The research indicates both positive and negative outcomes from stretching on performance indicators and some modalities are more relevant for certain populations than others. This book will help you take the guesswork out of stretching, and is fully illustrated with 160 colour photographs and 10 diagrams.

The popularity of distance running as a sport, and a recreational activity, is at an all-time high. Motivated by the desire to achieve a personal best, remain healthy, or simply complete an event, distance runners of all ages and abilities actively seek out advice from experienced coaches and sport scientists. This is also reflected in the growth of programmes of education for young coaches and aspiring sport scientists in recent years. There are a multitude of different approaches to training distance runners; however, the basic principles and ingredients required for success are applicable to any distance runner. The science that underpins the training and physical preparation of distance runners has developed considerably in recent years. The most experienced and successful coaches in the distance running community rarely have the opportunity to share their tried and tested methods of training. Similarly, the novel work of sport scientists is often only accessible to elite runners, their support teams and academia. The Science and Practice of Middle and Long Distance Running links together the science and coaching artistry associated with preparing distance runners for events ranging from 800 m up to ultra-marathon distances. It combines the latest scientific evidence, published by world-leading sport scientists, with the sound training principles and strategies adopted by experienced coaches. The book translates cutting-edge scientific research from the fields of physiology, biomechanics, psychology and nutrition into practical suggestions for achieving success. Important topical issues and contemporary practices related to health and performance are also addressed. This book is an essential addition to the library of any distance runner, coach or sport scientist.

Becoming an effective strength and conditioning practitioner requires the development of a professional skills set and a thorough understanding of the scientific basis of best practice. Aimed at advanced students and novice-to-expert practitioners, in this book the authors explore the latest scientific evidence and apply it to exercise selection and programming choices across the full range of areas in strength and conditioning, from strength and power, speed and agility, to aerobic conditioning. Since the first edition of this text was written extensive research has expanded the supporting evidence base that provides the theoretical foundation for each chapter. In addition, some areas that were previously under-researched have now been expanded and some key concepts have been further challenged. Each chapter is written by experts with experience in a wide variety of sports, including both applied and research experience, ensuring this concise but sophisticated textbook is the perfect bridge from introductory study to effective professional practice. While advanced concepts are explored within the book, the coach must not forget that consistency in the application of the basic principles of strength and conditioning is the foundation of athletic development. Advanced Strength and Conditioning: An Evidence-based Approach is a valuable resource for all advanced students and practitioners of strength and conditioning and fitness training.

Strength Training

Athletic Movement Skills

Coaching Children in Sport

Developing Speed

Running Science

Total Soccer Fitness

Running is a deceptively simple sport. At its most basic, you need only shoes and comfortable clothes you don't mind getting sweaty. Yet each time you lace up, all your body's moving parts must work together to achieve a gait that will keep you injury-free. Many other factors also affect your performance, from the weather and the surface you run on to your shoes, your diet, and even your mental and emotional state. Science plays an important role in most, if not all, of these factors. As a sports scientist and Running Fitness columnist, John Brewer has reviewed hundreds of scientific studies, and he offers runners the benefit of their findings in Running Science. Each chapter explores a different aspect of the sport through a series of questions. Many of the questions address practical matters: Do you really need to stretch? Which running shoes best suit your form and foot strike? Does carbo-loading lore stand up to scientific scrutiny—could a big bowl of spaghetti be the difference between a PR and a DNF? Other questions enhance appreciation for the incredible feats of the sport's great athletes. (What would it take to run a two-hour marathon? Perfect weather, a straight, flat course, competition, and a lot of luck!) The answer to each question is presented in a straightforward, accessible manner, with accompanying infographics. Whether you're a beginner or a seasoned runner with many miles and medals behind you, Running Science is a must-have for anyone interested in the fascinating science behind the sport.

The facilitation of learning is a central feature of coaches' and coach educators' work. Coaching students and practitioners are, as a result, being expected to give increasing levels of thought towards how they might help to develop the knowledge and practical skills of others. Learning in Sports Coaching provides a comprehensive introduction to a diverse range of classic, critical, and contemporary theories of learning, education, and social interaction and their potential application to sports coaching. Each chapter is broadly divided into two sections. The first section introduces a key thinker and the fundamental tenets of his or her scholarly endeavours and theorising. The second considers how the theorist's work might influence how we understand and attempt to promote learning in coaching and coach education settings. By design this book seeks to promote theoretical knowisneurship and to encourage its readers to reflect critically on their beliefs about learning and its facilitation. This is an essential text for any pedagogical course taken as part of a degree programme in sports coaching or coach education.