

Routledge

## Sport Coaching Textbook Catalogue



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## Developing Sport Coaches



Edited by **Christine Nash**

This book is a new text that supports the holistic long-term development of sport coaches as well as help aid existing sport coaches to understand their development. Research in coach learning and coach education has raised questions about the effectiveness, relevance and value placed on traditional coach education by sport coaches in relation to their practice. The dissatisfaction expressed by many coaches, at all stages of coaching practice, has led to the inception of coach development. This text enables coach development to be studied in Higher Education Institutions as well as enabling organisations to embed coach developers within their organisations.

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May 2023:288

Hb: 978-1-032-16992-7: **£135**

Pb: 978-1-032-16988-0: **£37.99**

eBook: 978-1-003-25130-9

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## Learning from Serial Winning Coaches

Caring Determination



**Cliff Mallett, Sergio Lara-Bercial**

This book provides researchers, performance coaches and directors, and coach developers, and researchers, with the knowledge and tools to affirm and challenge policy and practice conduct further research, to inform future policy and practice in the identification, recruitment, and development of performance coaches. Through in-depth interviews with the coaches and their athletes, and a detailed analysis of their personality and motivational profiles, the authors offer a unique portrait of the day-to-day workings of these coaches: who they are, how they operate, their leadership style and their inimitable and oft serendipitous journeys to the top of the sporting world.

Routledge

September 2023:214

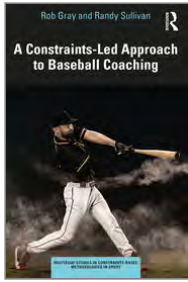
Hb: 978-0-367-34721-5: **£135**

Pb: 978-0-367-34718-5: **£36.99**

eBook: 978-1-003-42729-2

\* For full contents and more information, visit: [www.routledge.com/9780367347185](http://www.routledge.com/9780367347185)

## A Constraints-Led Approach to Baseball Coaching



**Rob Gray, Randy Sullivan**

*Series: Routledge Studies in Constraints-Based Methodologies in Sport*

A Constraints-Led Approach to Baseball Coaching presents a new approach to baseball coaching and practice. Applying a CLA to player development process across the skill spectrum from the beginners to elite, this book uses practical examples to demonstrate the theoretical principles of the Constraints-led coaching style embedded in research showing the numerous benefits of the approach. This book incorporates case studies and examples of how constraints are manipulated to develop more adaptable players that can perform at a higher level with a reduced risk of injury.

Routledge  
April 2023:158  
Hb: 978-1-032-22854-9: £125  
Pb: 978-1-032-22852-5: £35.99  
eBook: 978-1-003-27449-0

\* For full contents and more information, visit: [www.routledge.com/9781032228525](http://www.routledge.com/9781032228525)

## A Constraints-led Approach to Figure Skating Coaching



**Garrett Lucash**

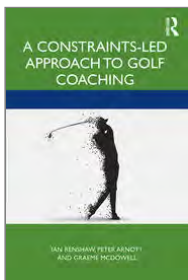
*Series: Routledge Studies in Constraints-Based Methodologies in Sport*

This book applies contemporary motor skill acquisition and athlete development practices to figure skating. The book encourages coaches to think about why they coach, the attitudes they want to support, and the goals they want to achieve. It informs coaches how to transform these core considerations into the driving inspiration for their daily coaching practices including assessment methods, the coach-athlete relationship, practice structure, competition preparation, and conceptions of technique. The lessons here are founded on the constraints-led approach. They are accessible and personal, yet broadly inclusive to the global sports programming market.

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## A Constraints-Led Approach to Golf Coaching



**Ian Renshaw, Peter Arnott, Graeme McDowall**

*Series: Routledge Studies in Constraints-Based Methodologies in Sport*

A Constraints-Led Approach to Golf Coaching includes case studies and examples of how constraints are manipulated to induce adaption in the technical, tactical, (or put in golf terms, course management), physiological, and psychological development mechanisms needed to improve at golf.

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September 2020:168  
Hb: 978-0-367-48268-8: £135  
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eBook: 978-1-003-03891-7

\* For full contents and more information, visit: [www.routledge.com/9780367482671](http://www.routledge.com/9780367482671)

## A Constraints-Led Approach to Swim Coaching



**Andrew Sheaff**

*Series: Routledge Studies in Constraints-Based Methodologies in Sport*

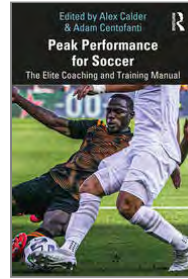
This book applies contemporary motor skill acquisition and athlete development practices to swimming. It encourages coaches to re-consider how they approach skill development in a sport that requires considerable physical training and highly efficiency movement. It presents a framework for identifying the various constraints that determine the ability to perform at a high level. It offers coaches' practical examples to navigate the manipulation of constraints to support the development of physical capacities and the ability to effectively utilize those capacities through efficient movement. These frameworks are broadly inclusive to the global sports programming market.

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July 2023:328  
Hb: 978-0-367-72479-5: £135  
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eBook: 978-1-003-15494-5

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## Peak Performance for Soccer

The Elite Coaching and Training Manual



*Edited by Alex Calder, Adam Centofanti*

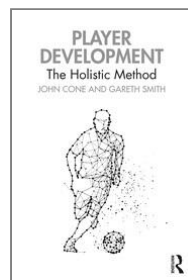
The world's leading practitioners working in elite soccer all share advanced knowledge of the environment as well as a scientific understanding of the game and players. This book explores those traits at an intricate level through shared experiences of some of the best performance coaches working in elite soccer. The content in this book is derived from practical and evidence-based concepts that has been applied at the elite level. Uncovering the coaching strategies as well as contemporary issues in elite soccer, this comprehensive textbook illustrates what it takes to thrive as a performance coach at the top level.

Routledge  
December 2022:354  
Hb: 978-1-032-06036-1: £125  
Pb: 978-1-032-06031-6: £29.99  
eBook: 978-1-003-20042-0

\* For full contents and more information, visit: [www.routledge.com/9781032060316](http://www.routledge.com/9781032060316)

## Player Development

The Holistic Method



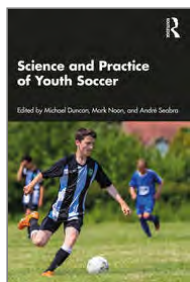
**John Cone, Gareth Smith**

Player Development: The Holistic Method provides the first holistic, evidence-based performance development method in sport. Focusing on the world's largest sport, soccer, this book weaves together the interconnected layers driving player performance development to define a novel training method. This book is the pathway to understanding and facilitating individual player development leading to elite performance success. This book reveals not only a holistic method, but also, a universal method breaking down perceived and real barriers to provide a method transcending domains and specializations - a unified approach.

Routledge  
August 2022:370  
Hb: 978-1-032-15909-6: £135  
Pb: 978-1-032-15907-2: £36.99  
eBook: 978-1-003-24626-8

\* For full contents and more information, visit: [www.routledge.com/9781032159072](http://www.routledge.com/9781032159072)

## Science and Practice of Youth Soccer



Edited by **Michael Duncan, Mark Noon, Andre Seabra**

Science and Practice of Youth Soccer presents a comprehensive and accessible introduction to key topics relating to effective player and team development in youth grassroots soccer. Written by international experts and practitioners in the field and with an emphasis on the development of children and youth, the book provides guidance of how science translates into practice for coaches and those working in youth grassroots soccer. Each chapter outlines the scientific research base for each topic, highlights myths and misconceptions and provides practical solutions.

Routledge

December 2023:294

Hb: 978-1-032-66524-5: **£135**

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\* For full contents and more information, visit: [www.routledge.com/9781032665221](http://www.routledge.com/9781032665221)

## The Dynamics of Modern Rugby



Edited by **Bruce Davies, Julien Baker**

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

Routledge

March 2021:206

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eBook: 978-1-003-15953-7

\* For full contents and more information, visit: [www.routledge.com/9780367438197](http://www.routledge.com/9780367438197)

## The Young Rugby Player

Science and Application



Edited by **Kevin Till, Jonathon Weakley, Sarah Whitehead, Ben Jones**

The Young Rugby Player: Science and Application provides a comprehensive and accessible overview of the recent research behind the preparation, development and performance of the young rugby player. Each chapter concludes with key take home messages and practical applications demonstrating how practitioners can provide evidence-informed delivery with the young rugby athlete. The book highlights how research and science can inform practice including coaching, sport science, player development and performance with the young rugby player.

Routledge

December 2022:378

Hb: 978-0-367-61238-2: **£125**

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eBook: 978-1-003-10479-7

\* For full contents and more information, visit: [www.routledge.com/9780367612320](http://www.routledge.com/9780367612320)

## Coaching for Sports Performance



Edited by **Timothy Baghurst**

Coaching for Sports Performance provides a practical overview of the many disciplines necessary to be an effective coach. Using experts from across the sports science fields, this book teaches readers the core concepts in a practical, easy to understand style, separated into four sections.

Routledge  
December 2019:590  
Hb: 978-0-367-22116-4: **£135**  
Pb: 978-0-367-22117-1: **£49.99**  
eBook: 978-0-429-29936-0

\* For full contents and more information, visit: [www.routledge.com/9780367221171](http://www.routledge.com/9780367221171)

## Effective Coaching in Strength and Conditioning

Pathways to Superior Performance



Edited by **Ian Jeffreys**

This book takes a radically different approach to the challenge of coaching in strength and conditioning. In doing so, it addresses many of the paradoxes of strength and conditioning, providing new perspectives that shed light onto the many questions that challenge coaches. The book is essential reading for anyone wishing to pursue a career as a strength and conditioning coach, acting essentially as a prequel to the many scientific and applied texts in the field. It will also appeal to more experienced coaches providing a wider perspective to the challenges they face and providing potential solutions not traditionally considered.

Routledge  
September 2019:348  
Hb: 978-0-415-83998-3: **£150**  
Pb: 978-0-415-83999-0: **£43.99**  
eBook: 978-0-203-79499-9

\* For full contents and more information, visit: [www.routledge.com/9780415839990](http://www.routledge.com/9780415839990)

## Strength and Conditioning for Golf

A Guide for Coaches and Players



Edited by **Alex Bliss**

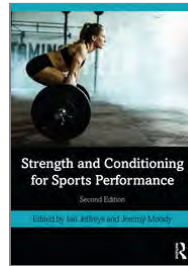
Strength and Conditioning for Golf provides golfers and coaches with the evidence and practical suggestions to ensure that the choices they make about their training are informed and objective. This new volume examines why strength and conditioning techniques and principles are important for modern golf, blending scientific principles with real-world, practical advice and tips.

Routledge  
August 2022:260  
Hb: 978-0-367-56785-9: **£135**  
Pb: 978-0-367-56784-2: **£32.99**  
eBook: 978-1-003-09932-1

\* For full contents and more information, visit: [www.routledge.com/9780367567842](http://www.routledge.com/9780367567842)

2ND EDITION

## Strength and Conditioning for Sports Performance



Edited by **Ian Jeffreys, Jeremy Moody**

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

Routledge  
March 2021:740  
Hb: 978-0-367-34823-6: **£180**  
Pb: 978-0-367-40463-5: **£68.99**  
eBook: 978-0-429-33098-8

\* For full contents and more information, visit: [www.routledge.com/9780367404635](http://www.routledge.com/9780367404635)

## Strength and Conditioning for Team Sports

Sport-Specific Physical Preparation for High Performance, second edition



Edited by **Paul Gamble**

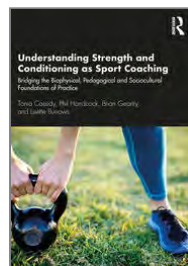
Now in a fully revised and updated new edition Strength and Conditioning for Team Sports is still the only evidence-based study of sport-specific practice to focus on team sports. This new edition includes new chapters on neuromuscular training and specific injury risks for different sports, as well as 200 extra references and an appendix containing fully detailed training programmes for a wide range of team sports. Well illustrated throughout, this book is essential reading for all serious students of strength and conditioning, and for any practitioner seeking to extend their professional practice.

Routledge  
October 2012:304  
Hb: 978-0-415-63792-3: **£155**  
Pb: 978-0-415-63793-0: **£54.99**  
eBook: 978-0-203-08425-0

\* For full contents and more information, visit: [www.routledge.com/9780415637930](http://www.routledge.com/9780415637930)

## Understanding Strength and Conditioning as Sport Coaching

Bridging the Biophysical, Pedagogical and Sociocultural Foundations of Practice



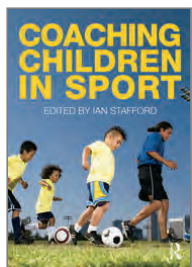
Edited by **Tania Cassidy, Phil Handcock, Brian Gearity, Lisette Burrows**

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

Routledge  
May 2020:200  
Hb: 978-1-138-30181-8: **£135**  
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## Coaching Children in Sport



Edited by **Ian Stafford**

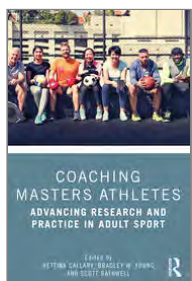
Coaching Children in Sport explains why children should not simply be treated as mini-adults in sport and helps coaches to devise effective ways of working that not only achieve results but also take into account the best interests of the child. Including case studies, practical reflective activities and guides to further reading throughout, this book is an essential text for all sports coaching courses, and vital reading for any student, teacher or practitioner working with children in sport, physical education or developmental contexts.

Routledge  
April 2011:320  
Hb: 978-0-415-49390-1: **£160**  
Pb: 978-0-415-49391-8: **£48.99**  
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## Coaching Masters Athletes

Advancing Research and Practice in Adult Sport



Edited by **Bettina Callary, Bradley Young, Scott Rathwell**

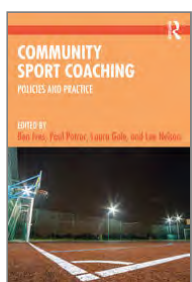
Coaching Masters Athletes explores the research and practice specific to planning to coach Masters athletes and divulges what is known about distinctive considerations for delivering coaching interventions to this cohort, expanding on coaches' abilities to influence adults' personal development and their own coach education. Readers and students of Coaching, Physical Activity, Health Psychology, Sport Leadership and Exercises Science will gain valuable applied perspectives grounded in best practice research on how to coach one of the fastest-growing sporting cohorts, to promote quality adult sport, and to keep adult sports-persons engaged and active.

Routledge  
April 2021:216  
Hb: 978-0-367-44238-5: **£135**  
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eBook: 978-1-003-02536-8

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## Community Sport Coaching

Policies and Practice



Edited by **Ben Ives, Paul Potrac, Laura Gale, Lee Nelson**

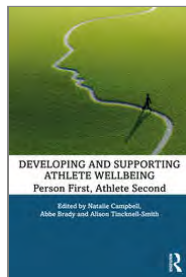
Bringing together an international team of leading researchers in sport policy, sport development, sport pedagogy, and sport coaching, as well as some of the best emerging talents, this book is the first to critically consider a range of policy and practice issues directly connected to community sport coaching.

Routledge  
October 2021:282  
Hb: 978-0-367-43175-4: **£130**  
Pb: 978-0-367-74678-0: **£35.99**  
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\* For full contents and more information, visit: [www.routledge.com/9780367746780](http://www.routledge.com/9780367746780)

## Developing and Supporting Athlete Wellbeing

Person First, Athlete Second



Edited by **Natalie Campbell, Abbe Brady, Alison Tincknell-Smith**

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

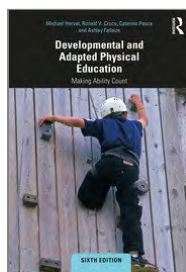
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Pb: 978-0-367-25462-9: **£36.99**  
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6TH EDITION

## Developmental and Adapted Physical Education

Making Ability Count



Edited by **Michael Horvat, Ronald Croce, Caterina Pesce, Ashley Eason Fallaize**

Now in its 6th edition, this is a complete introduction to adapted physical education. The book includes brand new material on developmental coordination disorders and cognitive development. Full of teaching and coaching strategies and techniques, it introduces scientific fundamentals, key legislation, and best practice in designing effective programs. This is an essential reference for teachers, coaches or exercise professionals working with children with disabilities and an invaluable resource for undergraduate or postgraduate students of adapted physical education, kinesiology, physical education, physical therapy, exercise science, athletic training or sports coaching.

Routledge  
March 2019:512  
Hb: 978-1-138-56986-7: **£135**  
Pb: 978-1-138-56987-4: **£58.99**  
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\* For full contents and more information, visit: [www.routledge.com/9781138569874](http://www.routledge.com/9781138569874)

## Examining and Mitigating Sexual Misconduct in Sport



Edited by **Tanya Prewitt-White, Leslee Fisher**

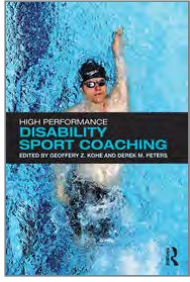
Examining and Mitigating Sexual Misconduct in Sport outlines systemic and sociological explanations for why sport is a site of sexual misconduct. The authors in the text describe cultural realities and considerations sport stakeholders must acknowledge and be informed of to make sport a more equitable and safe space. Personal narratives from a variety of sport stakeholders which unveil their lived experiences of sexual misconduct and humanize survivor stories in ways often ignored in sport and society are shared. Authors offer recommendations to all sport stakeholders to mitigate incidents of and harm done by sexual misconduct.

Routledge  
March 2022:246  
Hb: 978-0-367-64705-6: **£130**  
Pb: 978-0-367-64703-2: **£31.99**  
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## High Performance Disability Sport Coaching



Edited by **Geoffery Z. Kohe, Derek M. Peters**

As the profile of disability sport has risen, so has the emphasis grown beyond participation to include the development of a high performance environment. This book is the first to take an in-depth look at the role of coaching and coaches in facilitating the professionalisation of disability sport, in raising performance standards, and as a vector for the implementation of significant political, socio-cultural and technological change. Using in-depth case studies of elite disability sport coaches from around the world, across a wide range of sports and disciplines, this book offers a framework for critical reflection on coaching practice and disability sport experiences.

Routledge

August 2016:228

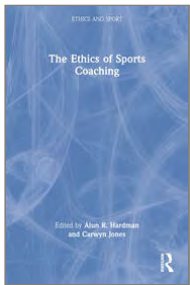
Hb: 978-1-138-86036-0: **£120**

Pb: 978-1-138-86037-7: **£44.99**

eBook: 978-1-315-71649-7

\* For full contents and more information, visit: [www.routledge.com/9781138860377](http://www.routledge.com/9781138860377)

## The Ethics of Sports Coaching



Edited by **Alun R Hardman, Carwyn Jones**

Series: *Ethics and Sport*

Despite the increasing sophistication of our understanding of the player-sport-coach relationship, the dominant perspective of the sports coach is still an instrumental one, focused almost exclusively on performance, achievement and competitive success. In this ground-breaking new book, leading sport scholars challenge that view, arguing that the coaching process is an inherently moral one with an inescapably ethical dimension, involving intense relationships between players and coaches. The Ethics of Sports Coaching critically examines this moral aspect, develops a powerful idea of what sports coaching ought to be, and argues strongly that coaches must be aware of the ethical implications of their acts.

Routledge

December 2010:240

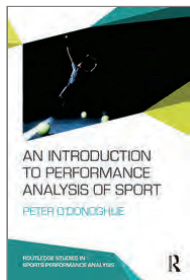
Hb: 978-0-415-55774-0: **£145**

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eBook: 978-0-203-86844-7

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## An Introduction to Performance Analysis of Sport



**Peter O'Donoghue**

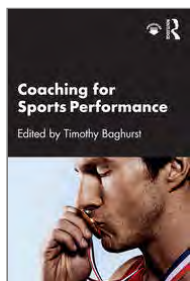
*Series: Routledge Studies in Sports Performance Analysis*

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 guide to developing both manual and computerised 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.

Routledge  
September 2014:274  
Hb: 978-0-415-73985-6: **£165**  
Pb: 978-0-415-73986-3: **£47.99**  
eBook: 978-1-315-81634-0

\* For full contents and more information, visit: [www.routledge.com/9780415739863](http://www.routledge.com/9780415739863)

## Coaching for Sports Performance



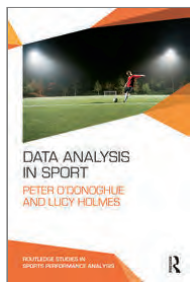
*Edited by Timothy Baghurst*

Coaching for Sports Performance provides a practical overview of the many disciplines necessary to be an effective coach. Using experts from across the sports science fields, this book teaches readers the core concepts in a practical, easy to understand style, separated into four sections.

Routledge  
December 2019:590  
Hb: 978-0-367-22116-4: **£135**  
Pb: 978-0-367-22117-1: **£49.99**  
eBook: 978-0-429-29936-0

\* For full contents and more information, visit: [www.routledge.com/9780367221171](http://www.routledge.com/9780367221171)

## Data Analysis in Sport



**Peter O'Donoghue, Lucy Holmes**

*Series: Routledge Studies in Sports Performance Analysis*

Making sense of research data can be a challenging task but is nevertheless an essential part of performance analysis investigations. Focusing on techniques used in the analysis of sport performance, this book introduces the fundamental principles of data analysis and offers guidance on the presentation of results. The book covers key topics such as the purpose of data analysis, commercial packages for performance and data analysis, creating visually appealing 'dashboard' interfaces for presenting data, and assessing reliability, and includes worked examples from real sport, offering clear guidance to the reader and bringing the subject to life.

Routledge  
October 2014:278  
Hb: 978-0-415-73983-2: **£135**  
Pb: 978-0-415-73984-9: **£47.99**  
eBook: 978-1-315-81635-7

\* For full contents and more information, visit: [www.routledge.com/9780415739849](http://www.routledge.com/9780415739849)

2ND EDITION

## Data Analytics in Football

Positional Data Collection, Modelling and Analysis



**Daniel Memmert, Dominik Raabe**

Data Analytics in Football provides students, researchers and coaches with a firm grounding in the principles of modern performance analysis. It offers an insight into the use of positional data, exploring how it can be collected, modelled, analysed and interpreted. Introducing cutting-edge methods, the book challenges long-held assumptions and encourages a new way of thinking about football analysis.

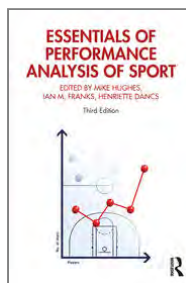
Routledge  
December 2023:176  
Hb: 978-1-032-53249-3: **£135**  
Pb: 978-1-032-53247-9: **£37.99**  
eBook: 978-1-003-41107-9

\* For full contents and more information, visit: [www.routledge.com/9781032532479](http://www.routledge.com/9781032532479)

3RD EDITION

## Essentials of Performance Analysis in Sport

Third edition



*Edited by Mike Hughes, Ian Franks, Mike Hughes, Ian M. Franks, Henriette Dancs*

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

Routledge  
December 2019:492  
Hb: 978-0-367-35539-5: **£175**  
Pb: 978-0-367-35541-8: **£56.99**  
eBook: 978-0-429-34013-0

\* For full contents and more information, visit: [www.routledge.com/9780367355418](http://www.routledge.com/9780367355418)

## Performance Analysis in Team Sports



**Pedro Passos, Duarte Araújo, Anna Volossovitch**

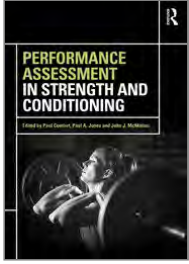
*Series: Routledge Studies in Sports Performance Analysis*

Filling an important gap in performance analysis literature, this book explores the key characteristics of team sports and presents a general framework for analysis. Drawing on cutting-edge research and data, it examines individual, paired and collective behaviours in team sports, as well as the crucial relationship between analysis and the coaching process. The second part of the book drills down into analysis techniques across a wide range of team sports, including soccer, basketball, hockey, volleyball and rugby. This is an essential companion for any course or research project on sport performance analysis or sports coaching, and an invaluable reference for all professional analysts.

Routledge  
November 2016:252  
Hb: 978-1-138-82583-3: **£135**  
Pb: 978-1-138-82584-0: **£39.99**  
eBook: 978-1-315-73968-7

\* For full contents and more information, visit: [www.routledge.com/9781138825840](http://www.routledge.com/9781138825840)

## Performance Assessment in Strength and Conditioning



Edited by **Paul Comfort, Paul A. Jones, John J. McMahon**

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

Routledge  
October 2018:382  
Hb: 978-0-415-78936-3: **£135**  
Pb: 978-0-415-78938-7: **£43.99**  
eBook: 978-1-315-22281-3

\* For full contents and more information, visit: [www.routledge.com/9780415789387](http://www.routledge.com/9780415789387)

## Research Methods for Sports Performance Analysis



**Peter O'Donoghue**

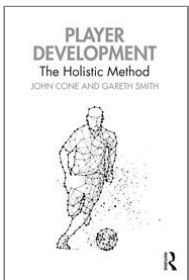
Sports performance analysis is an important tool for any serious practitioner in sport and, as a result, performance analysis has become a key component of degree programmes in sport science and sports coaching. This book explains how to undertake a research project in performance analysis of sport, from selecting a research topic, to gathering and analysing data, to writing up results.

Routledge  
December 2009:296  
Hb: 978-0-415-49622-3: **£180**  
Pb: 978-0-415-49623-0: **£47.99**  
eBook: 978-0-203-87830-9

\* For full contents and more information, visit: [www.routledge.com/9780415496230](http://www.routledge.com/9780415496230)

## Player Development

The Holistic Method



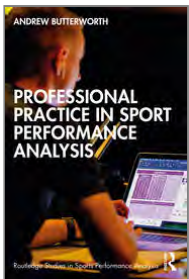
**John Cone, Gareth Smith**

Player Development: The Holistic Method provides the first holistic, evidence-based performance development method in sport. Focusing on the world's largest sport, soccer, this book weaves together the interconnected layers driving player performance development to define a novel training method. This book is the pathway to understanding and facilitating individual player development leading to elite performance success. This book reveals not only a holistic method, but also, a universal method breaking down perceived and real barriers to provide a method transcending domains and specializations - a unified approach.

Routledge  
August 2022:370  
Hb: 978-1-032-15909-6: **£135**  
Pb: 978-1-032-15907-2: **£36.99**  
eBook: 978-1-003-24626-8

\* For full contents and more information, visit: [www.routledge.com/9781032159072](http://www.routledge.com/9781032159072)

## Professional Practice in Sport Performance Analysis



**Andrew Butterworth**

Series: *Routledge Studies in Sports Performance Analysis*

Professional Practice in Sport Performance Analysis delivers practically centred insights into the reality of working in the industry, including the technological, theoretical and personal competencies required. This book delves into the realities of working as an analyst within the evolving and complex coaching process which practitioners need to navigate in order to successfully deliver their job role. The volume uncovers the practical realities, underpinning knowledge, challenges and constraints of working as an applied performance analyst whilst providing a practical guide for those practitioners who are currently, or seeking, to work as an applied performance analyst.

Routledge  
April 2023:210  
Hb: 978-1-032-12880-1: **£125**  
Pb: 978-1-032-12879-5: **£35.99**  
eBook: 978-1-003-22665-9

\* For full contents and more information, visit: [www.routledge.com/9781032128795](http://www.routledge.com/9781032128795)

## An Introduction to Sports Coaching

Connecting Theory to Practice



Edited by **Robyn Jones, Kieran Kingston**

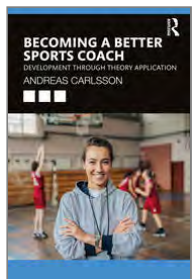
Now in a fully updated and revised second edition, *An Introduction to Sports Coaching* introduces students to the complex, messy, multi-faceted nature of coaching, and explores the full range of 'knowledges' which inform all successful coaching practice. The book includes clear definitions of important themes and concepts, as well as seminar and review questions in each chapter. This text is an essential companion to any sports coaching course.

Routledge  
March 2013:288  
Hb: 978-0-415-69490-2: **£155**  
Pb: 978-0-415-69491-9: **£49.99**  
eBook: 978-0-203-14744-3

\* For full contents and more information, visit: [www.routledge.com/9780415694919](http://www.routledge.com/9780415694919)

## Becoming a Better Sports Coach

Development through Theory Application



Andreas Carlsson

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

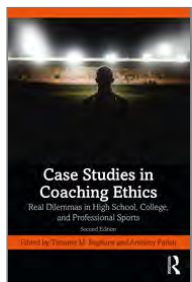
Routledge  
September 2021:292  
Hb: 978-0-367-86069-1: **£130**  
Pb: 978-0-367-86276-3: **£35.99**  
eBook: 978-1-003-19515-3

\* For full contents and more information, visit: [www.routledge.com/9780367862763](http://www.routledge.com/9780367862763)

2ND EDITION

## Case Studies in Coaching Ethics

Real Dilemmas in High School, College, and Professional Sports



Edited by **Anthony Parish, Timothy Baghurst**

This book presents a variety of cases based on true stories that present some of the ethical decisions coaches must make across high school, collegiate, and professional sports. Using a sequential system of less to more complicated, 40 case studies are presented across the sports spectrum that coaches have experienced. Although names and situations have been changed, these cases have happened and provide real applicability to coaches. In addition, each case contains multiple situations perhaps with no "right" answer that test a coach's value system and ability to prioritize actions. Questions are provided at the end of each case that allow for reflection.

Routledge  
September 2023:210  
Hb: 978-1-032-45113-8: **£135**  
Pb: 978-1-032-45105-3: **£35.99**  
eBook: 978-1-003-37544-9

\* For full contents and more information, visit: [www.routledge.com/9781032451053](http://www.routledge.com/9781032451053)

## Coaching for Sports Performance



Edited by **Timothy Baghurst**

*Coaching for Sports Performance* provides a practical overview of the many disciplines necessary to be an effective coach. Using experts from across the sports science fields, this book teaches readers the core concepts in a practical, easy to understand style, separated into four sections.

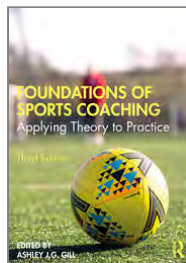
Routledge  
December 2019:590  
Hb: 978-0-367-22116-4: **£135**  
Pb: 978-0-367-22117-1: **£49.99**  
eBook: 978-0-429-29936-0

\* For full contents and more information, visit: [www.routledge.com/9780367221171](http://www.routledge.com/9780367221171)

3RD EDITION

## Foundations of Sports Coaching

Applying Theory to Practice



Edited by **Ashley Gill**

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

Routledge  
May 2021:290  
Hb: 978-0-367-33882-4: **£135**  
Pb: 978-0-367-74697-1: **£45.99**  
eBook: 978-1-003-15752-6

\* For full contents and more information, visit: [www.routledge.com/9780367746971](http://www.routledge.com/9780367746971)

2ND EDITION

## Practical Sports Coaching



Edited by **Christine Nash**

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

Routledge  
March 2022:272  
Hb: 978-1-032-01710-5: **£135**  
Pb: 978-1-032-01708-2: **£44.99**  
eBook: 978-1-003-17973-3

\* For full contents and more information, visit: [www.routledge.com/9781032017082](http://www.routledge.com/9781032017082)

2ND EDITION

## Sport Coaching Concepts

A framework for coaching practice



**John Lyle, Chris Cushion**

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

Routledge

November 2016:368

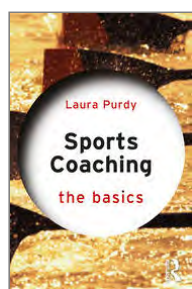
Hb: 978-0-415-67576-5: £180

Pb: 978-0-415-67577-2: £58.99

eBook: 978-0-203-12642-4

\* For full contents and more information, visit: [www.routledge.com/9780415675772](http://www.routledge.com/9780415675772)

## Sports Coaching: The Basics



**Laura Purdy**

*Series: The Basics*

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

Routledge

October 2017:198

Hb: 978-1-138-89087-9: £94.99

Pb: 978-1-138-89088-6: £19.99

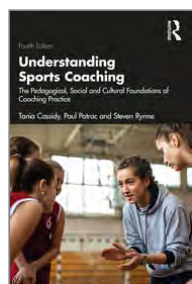
eBook: 978-1-315-70999-4

\* For full contents and more information, visit: [www.routledge.com/9781138890886](http://www.routledge.com/9781138890886)

4TH EDITION

## Understanding Sports Coaching

The Pedagogical, Social and Cultural Foundations of Coaching Practice



**Tania Cassidy, Paul Potrac, Steven Rynne**

Now in a fully revised and updated fourth edition, and introducing a new author team, Understanding Sports Coaching introduces theories and practices while exploring pedagogical, social, and cultural concepts underpinning good sports coaching practice. Broken into four sections, this book examines the complex interplay between coach, athlete, coaching programme and social context, and encourages coaches to develop an open and reflective approach to their own coaching practice. It covers key aspects of coaching theories and practice.

Routledge

June 2023:260

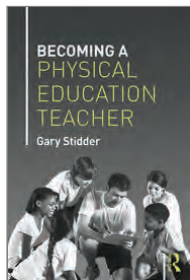
Hb: 978-1-032-02634-3: £135

Pb: 978-1-032-02631-2: £45.99

eBook: 978-1-003-18434-8

\* For full contents and more information, visit: [www.routledge.com/9781032026312](http://www.routledge.com/9781032026312)

## Becoming a Physical Education Teacher



**Gary Stidder**

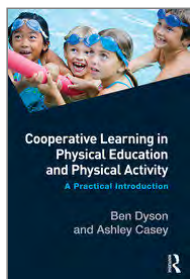
Teaching physical education is a challenging but rewarding occupation. This engaging new book explains the process of becoming and being a teacher of secondary school physical education, from the various routes of entry into the profession, to the realities of being a qualified PE teacher, to the ways in which experienced teachers can become teacher educators and nurture the next generation. It combines rich personal accounts of teaching in, and being taught, physical education, with practical advice for trainees, newly qualified teachers and established professionals, with an emphasis throughout on the importance of critical self-reflection.

Routledge  
February 2015:224  
Hb: 978-1-138-77827-6: £130  
Pb: 978-1-138-77828-3: £39.99  
eBook: 978-1-315-77208-0

\* For full contents and more information, visit: [www.routledge.com/9781138778283](http://www.routledge.com/9781138778283)

## Cooperative Learning in Physical Education and Physical Activity

A Practical Introduction



**Ben Dyson, Ashley Casey**

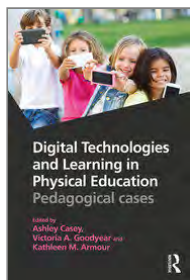
There is a need in physical education for new, research-informed, practical ways of engaging children and young people in lifelong physical activity. This book introduces Cooperative Learning, a pedagogical approach to engaging students, from the practitioner's perspective. Written by authors with over 40 years' experience as teachers and researchers, the book helps teachers and trainee teachers to master research-informed strategies for teaching physical education across elementary, middle and high school settings. Using clear language, and full of real-life examples, unit and lesson plans, activities and tasks, this is essential reading for all students and professionals.

Routledge  
March 2016:214  
Hb: 978-1-138-82618-2: £135  
Pb: 978-1-138-82619-9: £47.99  
eBook: 978-1-315-73949-6

\* For full contents and more information, visit: [www.routledge.com/9781138826199](http://www.routledge.com/9781138826199)

## Digital Technologies and Learning in Physical Education

Pedagogical cases



*Edited by* **Ashley Casey, Victoria A. Goodyear, Kathleen M. Armour**

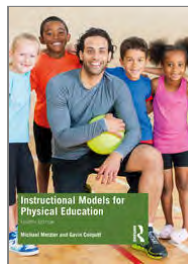
This book is about teachers and young people's learning in physical activity education settings and the ways in which digital technologies can enhance and accelerate learning. It uses the innovative 'pedagogical cases' model in which a case narrative details practitioners' pedagogical intentions and processes when using technology with specific groups of young people. The narratives are then analysed to provide a multi-disciplinary and critical understanding of the possibilities and challenges of supporting learning with digital technologies. Each case concludes with a pedagogical synthesis and a practitioner reflection to highlight the links between theory, research and practice.

Routledge  
November 2016:276  
Hb: 978-1-138-94728-3: £130  
Pb: 978-1-138-94729-0: £48.99  
eBook: 978-1-315-67016-4

\* For full contents and more information, visit: [www.routledge.com/9781138947290](http://www.routledge.com/9781138947290)

4TH EDITION

## Instructional Models for Physical Education



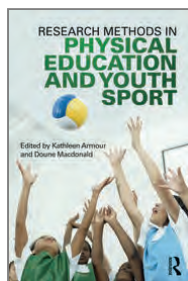
**Michael Metzler, Gavin T. Colquitt**

This edition has been updated to be in alignment with the SHAPE America National Standards for Physical Education. It includes new chapters on differentiated instruction and practical applications. An online resource includes videos and podcasts.

Routledge  
May 2021:460  
Hb: 978-0-367-53247-5: £135  
Pb: 978-0-367-53244-6: £61.99  
eBook: 978-1-003-08109-8

\* For full contents and more information, visit: [www.routledge.com/9780367532246](http://www.routledge.com/9780367532246)

## Research Methods in Physical Education and Youth Sport



*Edited by* **Kathleen Armour, Doune Macdonald**

This is the first research methods book to focus entirely on physical education and youth sport. Each chapter includes a full range of useful pedagogical features, including chapter summaries, practical activities, case studies, dialogues with active researchers and guidance on further reading and resources. With contributions from some of the world's best-known researchers in the field, this book is indispensable reading for all students and professionals working in physical education, youth sport, sports coaching and related subjects.

Routledge  
November 2011:376  
Hb: 978-0-415-61884-7: £180  
Pb: 978-0-415-61885-4: £49.99  
eBook: 978-0-203-80717-0

\* For full contents and more information, visit: [www.routledge.com/9780415618854](http://www.routledge.com/9780415618854)

## Applied Sport, Exercise, and Performance Psychology

Current Approaches to Helping Clients



Edited by **David Tod, Martin Eubank**

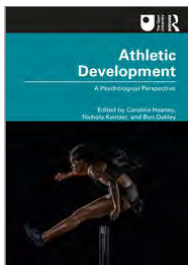
Applied Sport, Exercise, and Performance Psychology: Current Approaches to Helping Clients provides in-depth and critical coverage, from a global perspective, of the common approaches practitioners now use with clients. Chapters are supplemented with case studies showing the approaches in action. This text is a vital resource for students in BPS accredited applied sport psychology courses, sport and exercise science courses, and psychology and counselling courses. It is also an invaluable read for practicing applied sport, exercise, and performance psychologists, as well as coaches and parents with some background in psychology.

Routledge  
May 2020:252  
Hb: 978-1-138-58784-7: **£135**  
Pb: 978-1-138-58785-4: **£37.99**  
eBook: 978-0-429-50370-2

\* For full contents and more information, visit: [www.routledge.com/9781138587854](http://www.routledge.com/9781138587854)

## Athletic Development

A Psychological Perspective



Edited by **Caroline Heaney, Nichola Kentzer, Ben Oakley**

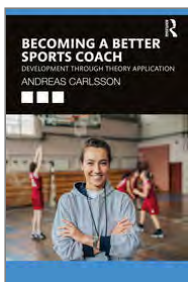
Athletic Development: A Psychological Perspective is an examination of the psychological factors that help or hinder the development of participants in sport. This includes influences such as families, coach-athlete interactions, and transitional episodes on an individual's pathway in sport.

Routledge  
July 2021:274  
Hb: 978-0-367-72103-9: **£135**  
Pb: 978-0-367-72102-2: **£36.99**  
eBook: 978-1-003-15345-0

\* For full contents and more information, visit: [www.routledge.com/9780367721022](http://www.routledge.com/9780367721022)

## Becoming a Better Sports Coach

Development through Theory Application



**Andreas Carlsson**

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

Routledge  
September 2021:292  
Hb: 978-0-367-86069-1: **£130**  
Pb: 978-0-367-86276-3: **£35.99**  
eBook: 978-1-003-19515-3

\* For full contents and more information, visit: [www.routledge.com/9780367862763](http://www.routledge.com/9780367862763)

## Comprehensive Applied Sport Psychology

Edited by **Jim Taylor**



Routledge  
September 2019:400  
Hb: 978-1-138-58735-9: **£130**  
Pb: 978-1-138-58788-5: **£35.99**  
eBook: 978-0-429-50368-9

\* For full contents and more information, visit: [www.routledge.com/9781138587885](http://www.routledge.com/9781138587885)

3RD EDITION

## Psychology in Sports Coaching

Theory and Practice



**Adam R. Nicholls**

Fully revised and updated, the third edition of *Psychology in Sports Coaching* clearly and accessibly introduces the principles and practice of sports psychology in the context of the coaching process. Drawing on the very latest research and theory, the book introduces the psychological tools and techniques that coaches can use to get the best performances out of their athletes. Every chapter contains useful features to aid learning and understanding, including in-depth case studies, critical thinking questions, clear and concise summaries, and practice exam questions.

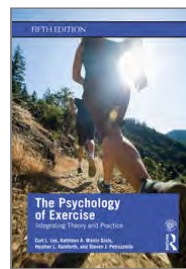
Routledge  
September 2021:326  
Hb: 978-1-032-06262-4: **£135**  
Pb: 978-1-032-06260-0: **£39.99**  
eBook: 978-1-003-20144-1

\* For full contents and more information, visit: [www.routledge.com/9781032062600](http://www.routledge.com/9781032062600)

5TH EDITION

## The Psychology of Exercise

Integrating Theory and Practice



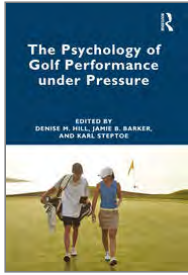
**Curt L. Lox, Kathleen A. Martin Ginis, Heather L. Gainforth, Steven J. Petruzzello**

Now in its fifth edition, *The Psychology of Exercise: Integrating Theory and Practice* is the ideal resource for upper-level undergraduate courses devoted to the study of exercise behavior. This edition includes a substantial revision of the theory and intervention chapters, with a focus on the most popular theories currently thriving in the field, a discussion of environmental influences on behavior, and an expanded presentation of intervention components, design, and evaluation. Separate chapters are also dedicated to popular topics such as personality, self-perceptions, stress, anxiety, depression, emotional well-being, cognitive function, and health-related quality of life.

Routledge  
October 2019:452  
Hb: 978-0-367-18679-1: **£135**  
Pb: 978-0-367-18680-7: **£71.99**  
eBook: 978-0-429-28748-0

\* For full contents and more information, visit: [www.routledge.com/9780367186807](http://www.routledge.com/9780367186807)

## The Psychology of Golf Performance under Pressure



*Edited by* **Denise Hill, Jamie Barker, Karl Steptoe**

The Psychology of Golf Performance under Pressure offers contemporary, research informed information regarding the key psychological factors affecting golf development and performance under pressure. Through the authors' substantive expertise - all of whom are notable scholars and / or practitioners in the field of golf psychology - the text provides a highly accessible "real world" application of theory to practice, through the provision of evidence-based guidance regarding how to maximise golf performance under pressure.

Routledge

October 2023:234

Hb: 978-1-032-28902-1: **£135**

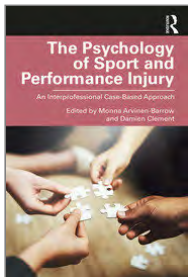
Pb: 978-1-032-28901-4: **£36.99**

eBook: 978-1-003-29904-2

\* For full contents and more information, visit: [www.routledge.com/9781032289014](http://www.routledge.com/9781032289014)

## The Psychology of Sport and Performance Injury

An Interprofessional Case-Based Approach



*Edited by* **Monna Arvinen-Barrow, Damien Clement**

The Psychology of Sport and Performance Injury is the first book to offer students, academic scholars, and practitioners case studies that are grounded in psychological theory and empirical evidence, with a specific focus on addressing psychological aspects of sport and performance injuries in an interprofessional manner. This book presents nine "real-life inspired" fictional sport and performance injury cases and each chapter includes a theoretical, conceptual, and empirical analysis of the case. It is a vital resource for any upper-level student of the psychology of sport or performance injury.

Routledge

May 2019:206

Hb: 978-0-815-36268-5: **£130**

Pb: 978-0-815-36269-2: **£38.99**

eBook: 978-1-351-11159-1

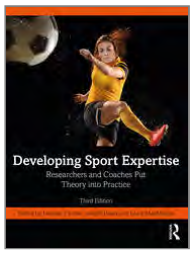
\* For full contents and more information, visit: [www.routledge.com/9780815362692](http://www.routledge.com/9780815362692)



3RD EDITION

## Developing Sport Expertise

Researchers and Coaches Put Theory into Practice



Edited by **Damian Farrow, Joseph Baker, Clare MacMahon**

In this fully revised new edition of the leading student and researcher overview of the development of sports expertise, a team of world-class sport scientists and professional coaches examine the fundamental science of skill acquisition and explore the methods by which science can be applied in the real-world context of sport performance. This book surveys the latest research in skill acquisition, provides a comprehensive and accessible review of core theory and key concepts and includes a 'Coach's Corner' feature in each chapter, in which coaches offer insights from elite sport and critique contemporary practice in sport skill development.

Routledge  
November 2023:180  
Hb: 978-1-032-25818-8: £135  
Pb: 978-1-032-25815-7: £51.99  
eBook: 978-1-003-28516-8

\* For full contents and more information, visit: [www.routledge.com/9781032258157](http://www.routledge.com/9781032258157)

2ND EDITION

## Nonlinear Pedagogy in Skill Acquisition

An Introduction



Edited by **Jia Yi Chow, Keith Davids, Chris Button, Ian Renshaw**

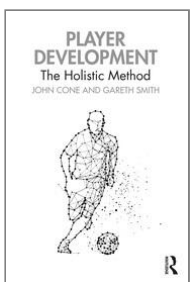
The second edition includes new materials, of practical, theoretical and empirical relevance, to enhance understanding of how to implement a Nonlinear Pedagogy to support learning in sport, PE and physical activity. There is an in-depth discussion on the various pedagogical principles that support Nonlinear Pedagogy and how these principles are applicable in learning designs in sports and physical education. There is further emphasis on examining how transfer of learning is implicated in practice, highlighting its relevance on skill adaptation and talent development.

Routledge  
December 2021:254  
Hb: 978-1-032-16194-5: £135  
Pb: 978-0-367-42377-3: £39.99  
eBook: 978-1-003-24745-6

\* For full contents and more information, visit: [www.routledge.com/9780367423773](http://www.routledge.com/9780367423773)

## Player Development

The Holistic Method



Edited by **John Cone, Gareth Smith**

Player Development: The Holistic Method provides the first holistic, evidence-based performance development method in sport. Focusing on the world's largest sport, soccer, this book weaves together the interconnected layers driving player performance development to define a novel training method. This book is the pathway to understanding and facilitating individual player development leading to elite performance success. This book reveals not only a holistic method, but also, a universal method breaking down perceived and real barriers to provide a method transcending domains and specializations - a unified approach.

Routledge  
August 2022:370  
Hb: 978-1-032-15909-6: £135  
Pb: 978-1-032-15907-2: £36.99  
eBook: 978-1-003-24626-8

\* For full contents and more information, visit: [www.routledge.com/9781032159072](http://www.routledge.com/9781032159072)

3RD EDITION

## Skill Acquisition in Sport

Research, Theory and Practice



Edited by **Nicola J. Hodges, A. Mark Williams**

Skill Acquisition in Sport gives students, coaches, and practitioners the broadest and most scientifically rigorous grounding in the principles and practice of the discipline. Fully revised, updated and restructured, the third edition integrates theory and practice, and provides more material on practical application than ever before. Based on the latest research, including chapters on emerging topics, and written by a global cast of world-leading experts, Skill Acquisition in Sport is an essential textbook for any kinesiology or sport science student taking skill acquisition, expertise development or motor learning classes.

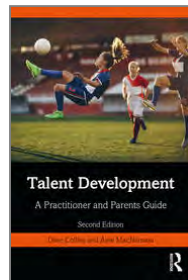
Routledge  
November 2019:388  
Hb: 978-0-815-39283-5: £180  
Pb: 978-0-815-39284-2: £47.99  
eBook: 978-1-351-18975-0

\* For full contents and more information, visit: [www.routledge.com/9780815392842](http://www.routledge.com/9780815392842)

2ND EDITION

## Talent Development

A Practitioner and Parents Guide



Edited by **Dave Collins, Aine MacNamara**

Drawing on the latest evidence and a considerable experience base, the 2nd edition of this book dispels myths about talent development and offers practical advice on the TD pathway from pre-school to elite level. Aimed at practitioners and other stakeholders involved in the TD process – including coaches, scientists, administrators, educators, students, parents, policymakers and senior development athletes – this is an up-to-date practical guide to TD in sport.

Routledge  
June 2022:272  
Hb: 978-0-367-56021-8: £135  
Pb: 978-0-367-56019-5: £32.99  
eBook: 978-1-003-08894-3

\* For full contents and more information, visit: [www.routledge.com/9780367560195](http://www.routledge.com/9780367560195)

## Talent Development in Paralympic Sport



Edited by **Nima Dehghansai, Ross A. Pinder, Joe Baker**

Written by a team of leading international experts, Talent Development in Paralympic Sport explores key factors and issues in contemporary sport, including the current state of pathways in Paralympic sport across the globe, designing optimal developmental environments, long-term modeling of Paralympic athlete development, and understanding the complexity of talent selection in Paralympic sport.

Routledge  
July 2022:228  
Hb: 978-1-032-02647-3: £135  
Pb: 978-1-032-02646-6: £35.99  
eBook: 978-1-003-18443-0

\* For full contents and more information, visit: [www.routledge.com/9781032026466](http://www.routledge.com/9781032026466)

2ND EDITION

## Talent Identification and Development in Sport

International Perspectives



Edited by **Joseph Baker, Stephen Cobley, Jörg Schorer**

With an emphasis on practical implications 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.

Routledge

October 2020:226

Hb: 978-0-367-46929-0: £130

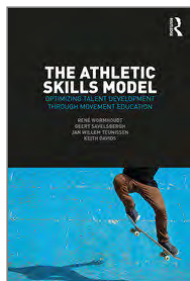
Pb: 978-0-367-50198-3: £42.99

eBook: 978-1-003-04911-1

\* For full contents and more information, visit: [www.routledge.com/9780367501983](http://www.routledge.com/9780367501983)

## The Athletic Skills Model

Optimizing Talent Development Through Movement Education



Edited by **René Wormhoudt, Geert J.P. Savelsbergh, Jan Willem Teunissen, Keith Davids**

The Athletic Skills Model offers an alternative to dominant talent development theories in the form of holistic based movement education, focusing on health and wellbeing. The book covers the scientific underpinning of the theory and offers practical guidance on the content of the programme, how to adapt and vary the programme, and on how to apply the approach to different age groups and sports as well as exploring its use at AFC Ajax. It is fascinating reading for any upper-level student or researcher interested in youth development, skill acquisition, motor learning or sports coaching, and any coaches wanting to refresh their approach to talent development.

Routledge

October 2017:304

Hb: 978-1-138-70732-0: £135

Pb: 978-1-138-70733-7: £37.99

eBook: 978-1-315-20147-4

\* For full contents and more information, visit: [www.routledge.com/9781138707337](http://www.routledge.com/9781138707337)

2ND EDITION

## Designing and Conducting Research in Health and Human Performance



**Tracey Matthews, Kimberly Kostelis**

Designing and Conducting Research in Health and Human Performance, 2nd edition shows students how to become effective producers and consumers of health and human performance research. This edition provides comprehensive coverage of quantitative and qualitative research methods and includes step-by-step guidance for writing effective research proposals and theses.

Routledge  
December 2019:270  
Hb: 978-1-138-32077-2: £135  
Pb: 978-1-138-32080-2: £71.99  
eBook: 978-0-429-45231-4

\* For full contents and more information, visit: [www.routledge.com/9781138320802](http://www.routledge.com/9781138320802)

## Research Methods in Sports Coaching



*Edited by Lee Nelson, Ryan Groom, Paul Potrac*

This book leads the reader through the research process, from identifying valuable research questions, to data collection and analyses, to the presentation and dissemination of research findings. It is the only book to focus on the particular challenges and techniques of sports coaching research, with each chapter including examples from the real world of sports coaching. The book explores important philosophical, theoretical and practical considerations in conducting coaching research, including contextual discussions about why we need sports coaching research, how to judge the quality of coaching research, and how sports coaching research might meet the needs of coaching practitioners.

Routledge  
October 2014:286  
Hb: 978-0-415-62680-4: £160  
Pb: 978-0-415-62682-8: £52.99  
eBook: 978-0-203-79754-9

\* For full contents and more information, visit: [www.routledge.com/9780415626828](http://www.routledge.com/9780415626828)

## Online Research Methods in Sport Studies



**Jamie Cleland, Kevin Dixon, Daniel Kilvington**

This engaging and innovative book offers a complete introduction to online research methods in sport studies, guiding the reader through the entire research process and bringing that process to life with sport-related cases and examples. Online Research Methods in Sport Studies is essential reading for undergraduate and postgraduate students, academics and researchers with an interest in sport studies, and is a useful reference for practitioners working in sport or sport media who want to improve their professional research skills.

Routledge  
December 2019:152  
Hb: 978-0-367-40813-8: £130  
Pb: 978-0-367-40816-9: £36.99  
eBook: 978-0-367-80930-0

\* For full contents and more information, visit: [www.routledge.com/9780367408169](http://www.routledge.com/9780367408169)

## The Spectrum of Sport Coaching Styles



**Shane Pill, Brendan SueSee, Joss Rankin, Mitch Hewitt**

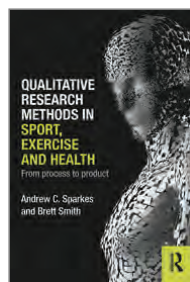
Written by coaches for coaches, this book applies Spectrum theory in a coach-specific/friendly way with detailed descriptions and examples of the coaching styles. It also includes explanations of coaching to develop reflective practice, self-analysis and error correction, how to coach players to decide on appropriate practice levels or challenge points, player problem solving and solution generation ability.

Routledge  
November 2021:168  
Hb: 978-0-367-48522-1: £135  
Pb: 978-0-367-48518-4: £36.99  
eBook: 978-1-003-04144-3

\* For full contents and more information, visit: [www.routledge.com/9780367485184](http://www.routledge.com/9780367485184)

## Qualitative Research Methods in Sport, Exercise and Health

From Process to Product



**Andrew C. Sparkes, Brett Smith**

In this comprehensive introductory text, Andrew Sparkes and Brett Smith take the reader on a journey through the research process, offering a step-by-step guide to the fundamentals of qualitative research. Each chapter includes practical exercises to enable new researchers to engage with and experience core methods and procedures, from semi-structured interviews to content analysis. Qualitative Research Methods in Sport, Exercise and Health is essential reading for any student, researcher or professional working on a research project in a sport, exercise or health context.

Routledge  
September 2013:288  
Hb: 978-0-415-57834-9: £155  
Pb: 978-0-415-57835-6: £47.99  
eBook: 978-0-203-85218-7

\* For full contents and more information, visit: [www.routledge.com/9780415578356](http://www.routledge.com/9780415578356)

4TH EDITION

## Managing Sport Organizations

Responsibility for performance



**Dan Covell, Sharienne Walker**

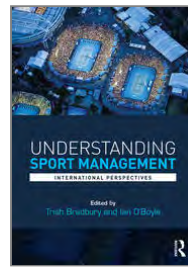
Managing Sport Organizations introduces the fundamentals of sport management across every industry sector. Bridging the gap between theory and practice, it covers every key topic, issue and concept in contemporary sport management. This new edition contains expanded coverage of current topics such as international sport, ethics, new technologies, and career pathways in sport management.

Routledge  
February 2019:378  
Hb: 978-1-138-36342-7: £135  
Pb: 978-1-138-36343-4: £58.99  
eBook: 978-0-429-43162-3

\* For full contents and more information, visit: [www.routledge.com/9781138363434](http://www.routledge.com/9781138363434)

## Understanding Sport Management

International perspectives



*Edited by* **Trish Bradbury, Ian O'Boyle**

This concise and engaging new textbook offers a complete introduction to core principles and best practice in contemporary sport management. Adopting an issues-based approach and drawing on the very latest research, it demonstrates how theory translates into practice across all the key functional areas of sport management, from governance and leadership to marketing and events. The book explores sport management from an international perspective and at all levels from professional, high-performance sport to non-profit and grassroots. With extended real-world case studies and an array of helpful features in every chapter, this is an essential text for any degree-level sport management course.

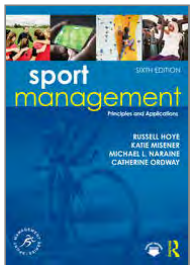
Routledge  
January 2017:312  
Hb: 978-1-138-10062-6: £150  
Pb: 978-1-138-10063-3: £48.99  
eBook: 978-1-315-65755-4

\* For full contents and more information, visit: [www.routledge.com/9781138100633](http://www.routledge.com/9781138100633)

6TH EDITION

## Sport Management

Principles and Applications



**Russell Hoye, Katie Misener, Michael L. Naraine, Catherine Ordway**

*Series: Sport Management Series*

Now available in a fully revised and updated sixth edition, Sport Management: Principles and Applications tells you everything you need to know about the contemporary sport industry. With useful ancillary material for instructors, including slides and teaching notes, this is an ideal textbook for first- and second-year students in sport management degree programs and for business students seeking an overview of applied sport management principles.

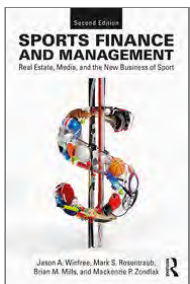
Routledge  
February 2022:340  
Hb: 978-1-032-10966-4: £135  
Pb: 978-1-032-10964-0: £54.99  
eBook: 978-1-003-21794-7

\* For full contents and more information, visit: [www.routledge.com/9781032109640](http://www.routledge.com/9781032109640)

2ND EDITION

## Sports Finance and Management

Real Estate, Media, and the New Business of Sport, Second Edition



**Jason A. Winfree, Mark S. Rosentraub, Brian M. Mills, Mackenzie Zondlak**

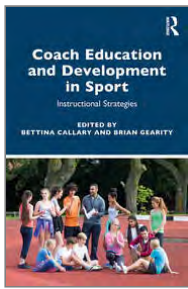
This book takes an in-depth look at the changes in the sports industry, including the interconnecting financial issues that occur when a sports team becomes part of bigger companies, the altered nature of fan loyalty influences by network and Internet footprints, dramatic changes in the design of sports venues to offer new amenities and opportunities for sponsorship that substantially expand the income earned by franchises, and league policies such as revenue sharing, luxury taxes and salary caps.

Taylor & Francis  
October 2018:504  
Hb: 978-1-498-70526-4: £135  
Pb: 978-1-138-34181-4: £39.99  
eBook: 978-1-315-11966-3

\* For full contents and more information, visit: [www.routledge.com/9781138341814](http://www.routledge.com/9781138341814)

## Coach Education and Development in Sport

Instructional Strategies



Edited by **Bettina Callary, Brian Gearity**

This book offers a comprehensive guide to instructional strategies used by world leaders in coach education. Each chapter is written by experienced scholar-practitioners, seamlessly integrating personal experience and insight with current research to show how and why to use an instructional strategy in a specific context that can be adopted or adapted to fit many sport contexts. Covering essential topics such as reflective practice, social learning, online technology, diverse populations and more, the book provides the fundamentals of tried and trusted instructional strategies to develop coaches from youth, club and collegiate sport to elite, professional and Olympic levels.

Routledge  
December 2019:296  
Hb: 978-0-367-36732-9: **£130**  
Pb: 978-0-367-36734-3: **£39.99**  
eBook: 978-0-429-35103-7

\* For full contents and more information, visit: [www.routledge.com/9780367367343](http://www.routledge.com/9780367367343)

## Game-Based Pedagogy in Physical Education and Sports

Designing Rich Learning Environments



**Jeroen Koekoek, Ivo Dokman, Wytse Walinga**

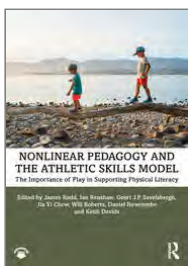
Using a pedagogical concept similar to game-based approaches such as Teaching Games for Understanding (TGfU) and Game Sense, this book explores the teaching and learning of modified games in physical education and sports. It includes examples of innovative games designed to create a rich learning environment. Game-Based Pedagogy in Physical Education and Sports is a vital read for students of physical education teacher education (PETE), sport coaching and sports pedagogy. It is also a valuable resource for physical educators and coaches.

Routledge  
October 2022:340  
Hb: 978-0-367-74030-6: **£125**  
Pb: 978-0-367-74028-3: **£35.99**  
eBook: 978-1-003-15578-2

\* For full contents and more information, visit: [www.routledge.com/9780367740283](http://www.routledge.com/9780367740283)

## Nonlinear Pedagogy and the Athletic Skills Model

The Importance of Play in Supporting Physical Literacy



**James Rudd, Ian Renshaw, Geert Savelsbergh, Jia Yi Chow, Will Roberts, Daniel Newcombe, Keith Davids**

Nonlinear Pedagogy and the Athletic Skills Model examines contemporary pedagogical approaches, such as constraints-led teaching, nonlinear pedagogy and the athletic skills model, which are underpinned by the theoretical framework of ecological dynamics. It is suggested that through careful design, these models aimed at children, as well as young athletes, can (i) encourage and facilitate physical activity and motor learning in children of different ages, providing them with the foundational skills needed for leading active lives; and (ii), develop young athletes in elite sports programmes in an ethical, enriching and supportive manner.

Routledge  
June 2021:194  
Hb: 978-0-367-45794-5: **£135**  
Pb: 978-0-367-89461-0: **£39.99**  
eBook: 978-1-003-02537-5

\* For full contents and more information, visit: [www.routledge.com/9780367894610](http://www.routledge.com/9780367894610)

2ND EDITION

## Nonlinear Pedagogy in Skill Acquisition

An Introduction



**Jia Yi Chow, Keith Davids, Chris Button, Ian Renshaw**

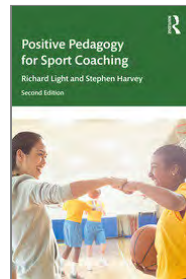
The second edition includes new materials, of practical, theoretical and empirical relevance, to enhance understanding of how to implement a Nonlinear Pedagogy to support learning in sport, PE and physical activity. There is an in-depth discussion on the various pedagogical principles that support Nonlinear Pedagogy and how these principles are applicable in learning designs in sports and physical education. There is further emphasis on examining how transfer of learning is implicated in practice, highlighting its relevance on skill adaptation and talent development.

Routledge  
December 2021:254  
Hb: 978-1-032-16194-5: **£135**  
Pb: 978-0-367-42377-3: **£39.99**  
eBook: 978-1-003-24745-6

\* For full contents and more information, visit: [www.routledge.com/9780367423773](http://www.routledge.com/9780367423773)

2ND EDITION

## Positive Pedagogy for Sport Coaching



**Richard Light, Stephen Harvey**

Positive Pedagogy is an athlete-centred, inquiry based approach that transforms the way we understand learning and coaching in sport. This book demonstrates how Positive Pedagogy for sport coaching (PPed) can be successfully employed across a range of sports and levels of performance, while also providing insight into coaches' experiences. Positive Pedagogy for sport coaching both improves performance and promotes positive learning experiences across all ages and abilities. This book is invaluable reading for all sports coaching students as well as any practising coach or physical education teacher looking to improve or even transform their professional practice.

Routledge  
May 2019:192  
Hb: 978-0-367-21820-1: **£135**  
Pb: 978-0-367-21821-8: **£39.99**  
eBook: 978-0-429-26630-0

\* For full contents and more information, visit: [www.routledge.com/9780367218218](http://www.routledge.com/9780367218218)

## Teaching Games and Sport for Understanding



Edited by **Shane Pill, Ellen-Alyssa Gambles, Linda Griffin**

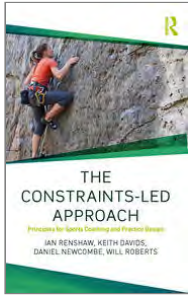
This new book brings together leading and innovative thinkers in the field of teaching and sport coaching pedagogy to provide a range of perspectives on a teaching games and sport for understanding. Teaching Games and Sport for Understanding engages undergraduate and postgraduate students in physical education and sport coaching, practicing teachers, practicing sport coaches, teacher educators, and coach developers. The contributions, taken together or individually, provide insight, learning and opportunities to foster game-based teaching and coaching ideas, and provide conceptual and methodological clarity where a sense of pedagogical confusion may exist.

Routledge  
May 2023:230  
Hb: 978-1-032-28735-5: **£125**  
Pb: 978-1-032-28729-4: **£33.99**  
eBook: 978-1-003-29829-8

\* For full contents and more information, visit: [www.routledge.com/9781032287294](http://www.routledge.com/9781032287294)

## The Constraints-Led Approach

Principles for Sports Coaching and Practice Design



**Ian Renshaw, Keith Davids, Daniel Newcombe, Will Roberts**

*Series: Routledge Studies in Constraints-Based Methodologies in Sport*

The Constraints Led Approach: Principles for Sports Coaching and Practice Design provides students and practitioners with the theoretical knowledge to implement constraints-led approaches. The book sets an 'environment design framework', including practical tools and guidance for the application of the framework in coaching and skill acquisition settings. It includes constraints-led approaches in coaching children, golf, and hockey, with applied reading for undergraduate and postgraduate students of motor learning, skill acquisition and developing sport expertise. It is a vital pedagogical resource for students and practicing sports coaches, physical education teachers and sport scientists.

Routledge

February 2019:186

Hb: 978-1-138-10406-8: **£135**

Pb: 978-1-138-10407-5: **£39.99**

eBook: 978-1-315-10235-1

\* For full contents and more information, visit: [www.routledge.com/9781138104075](http://www.routledge.com/9781138104075)

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