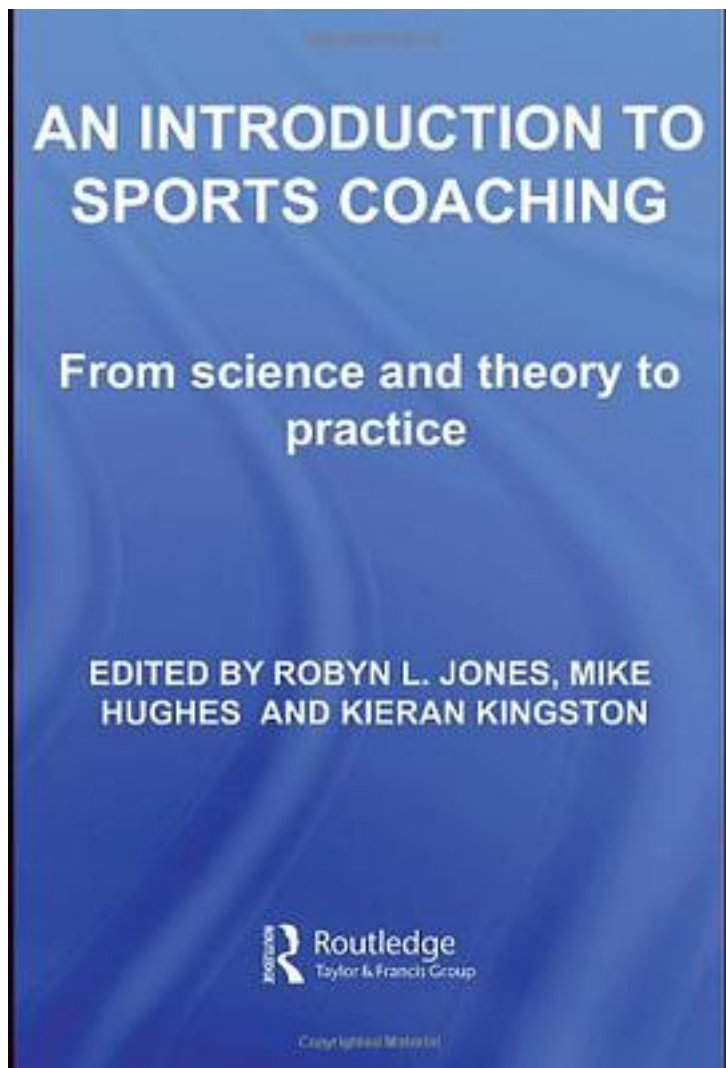


An Introduction to Sports Coaching



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"An Introduction to Sports Coaching" provides students with an accessible guide to the scientific, medical, educational and social science theory that underlies the practice of quality sports coaching. Throughout the text, the theory is illustrated 'in practice' with the use of real-life coaching scenarios, designed to show how athletes can benefit when their coach has a broader theoretical appreciation of sport. "An Introduction to Sports Coaching" is edited by a team of senior sports coaching academics, all of whom are also experienced sports coaches. The text contains: insights from practising international and club coaches; clear definitions of important themes and key concepts relating to the sports science; knowledge which underpins coaching; seminar; and, self-test questions to help confirm your understanding. "An Introduction to Sports Coaching" offers an ideal support text for today's student of sports coaching.

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