



## 1. スポーツ心理学重要論文選集・全4巻

# Sport Psychology 4 Volumes

*(Critical Concepts in Sports Studies)*

Edited by Gershon Tenenbaum & Robert Eklund

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Since 1965 the subject of Sport Psychology has grown substantially. There are hundreds of programs that offer graduate and undergraduate programs in Sport Psychology worldwide and a growing number of journals publishing articles and research on Sport Psychology issues. This new four volume collection from Routledge, edited by two leading scholars in the field, brings together the key material to create a 'mini-library' of the foundational writing and very best contemporary research. Including a new introduction by the editors as well as being fully indexed, this will be a valuable one stop research resource for student and scholar

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**関連書ご案内**

**2.The 2016 Olympic Games in Rio Issues, Concerns, and Background on Brazil**

(Series: Sports and Athletes Preparation, Performance, and Psychology)

Nov 2016, 131 pages, Paperback (Nova Science)

ISBN 9781536101225 ¥17,030

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(Series: IFMBE Proceedings, Book 58)

Edited by Fatimah Ibrahim, Jadeera Phaik Geok Cheong, Juliana Usman, Mohd Yazed Ahmad, Rizal Razman, & Victor S Selvanayagam

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Edited by Tareq Ahram

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ISBN 9783319608211 ¥37,610

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cross-cultural considerations for practitioners to ensure multicultural competency;

considerations to guide best practices with special populations (e.g., persons with medical conditions and persons with mental health conditions);

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(Neuroscience Research Progress: Sports and Athletics Preparationm Performance, and Psychology)

Edited by Eric E. Hall & Caroline J. Ketcham  
Feb 2017, 280 pages, Hardcover (Nova Science)  
ISBN 9781536106428 **¥41,230**

Sports related concussions and the implications of short-and long-term outcomes is a concern to athletes, parents, coaches, academics, and health care professionals. Leading clinicians and scientists across a variety of fields have come together to collaborate around topics related to concussion education, assessment, management and treatment of head injuries that occur in sports. Athletes of all levels not only have to perform on the field, but may also have to perform in the classroom where symptoms of a concussion can have profound impacts. As health care professionals work to implement the best practices around concussive injuries, scientists assess outcomes, implications and emerging topics related to management and recovery. This book aims to gather leaders in the field of concussion assessment and management to highlight the state of evidence-based practice. In addition, authors explore emerging issues around the care of athletes in returning to play as well as returning to academic settings. Concussion assessment and management is not a one-size-fits-all concept, and topics around pre-existing factors like cultural, ethnic and sex differences are essential to consider as we attempt to change reporting behaviors and positively impact recovery and outcomes from injury. As new information continues to emerge, the education, assessment, management and treatment of concussion evolves with the health and safety of athletes taking a front seat. This book is a timely snapshot of concussion assessment and management, and it is also a leader in emerging issues in the ever-changing science and evidence-based practice of sport-related concussion research.

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Oct 2016, 544 pages, Hardcover (Oxford U.P.)  
ISBN 9780190210984 **¥17,580**

Sport is often thought of as simply "games," but it can in fact be much more. Sport can be responsible for guiding social justice movements, igniting city-wide riots, uniting countries, permanently injuring youth, revolutionizing views about race, gender and class, and producing several of the most successful global industries. Reports of ethical crises in athletics are constant fodder for popular attention, whether performance enhancing drugs in baseball, corruption in college athletics, the epidemic of brain damage among NFL players, and others too numerous to mention. As a proxy for social concerns, we naturally think of sport in inherently moral terms. Yet we can hardly define the term "sport" or agree on acceptable levels of sporting risk, or determine clear roles and responsibilities for fans, players, coaches, owners, media and health care personnel. Bringing together 27 of the most essential recent articles from philosophy, history, sociology, medicine, and law, this collection explores intersections of sports and ethics and brings attention to the immense role of sports in shaping and reflecting social values.

## **16.Excelling in Sport Psychology Planning, Preparing, and Executing Applied Work**

Edited by Alison Pope-Rhodium, Sara Robinson, & Sean Fitzpatrick

Oct 2017, 218 pages, Hardback (Routledge)

ISBN 9781138193482 **¥28,510**

Written for graduate students and early professionals who are conducting applied sport psychology work for the first time, Excelling in Sport Psychology is a guide for planning, preparing, and executing this work. Each chapter addresses a critical component of the internship experience, such as selecting a site for an internship, preparing to begin the work, evaluating the completed work, and marketing oneself throughout one's early career. The diverse experiences of the various authors provide a range of viewpoints for trainees to consider and apply to their growth as sport psychology or mental skills professionals. The text is written in a practical manner, with suggestions and questions that will drive this personal and professional growth. Each chapter also includes a personal account from a current student or recent graduate about their experience in that area.

## **17.Faster, Fitter, Happier 75 questions with a Sport Psychologist**

By Tony Westbury

Sept 2017, 330 pages, Hardback (Routledge)

ISBN 9781138696129 **¥24,940**

Faster, Fitter, Happier is the first book to bridge the gap between the practice of psychology across both professional and amateur sport, and the theoretical foundations on which the science is based. Author Tony Westbury has been working alongside coaches and performers across a range of sports for over 25 years, during which time he has been asked everything from the best methods to combat nerves to developing that elusive 'will to win'.

## **18.Football Psychology From Theory to Practice**

Edited by Erkut Konter, Jürgen Beckmann, & Todd Loughhead

Jan 2018, 280 pages, Hardback (Routledge)

ISBN 9781138287495 **ca. ¥28,680**

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

## 19. Global Perspectives on Sports and Christianity

Edited by Afe Adogame, Nick J. Watson, & Andrew Parker

Nov 2017, 304 pages, Hardback (Routledge)  
ISBN 9781138828520 **¥24,940**

It discusses the dialectical interplay between sport and Christianity across diverse cultures, extending beyond a Western perspective to include studies from Africa, South America and Asia, as well as Europe, the UK and the US. Containing contributions from leading experts within the field, it reflects on key topics including race, gender, spirituality, morality, interfaith sport clubs, and the significance of sport in public rituals of celebration and mourning. Its chapters also examine violent sports such as boxing and mixed martial arts, as well as reflecting on the cult of sporting celebrity and the theology of disability sport.

Truly international in scope, *Global Perspectives on Sports and Christianity* is fascinating reading for all those interested in the study of sport, sociology and religion.

## 20. Global Practices and Training in Applied Sport, Exercise, and Performance Psychology

### A Case Study Approach

Edited by J. Gualberto Cremades, & Lauren S. Tashman

May 2016, 438 pages, Hardback (Routledge)  
ISBN 9781138805965 **¥34,450**

*Global Practices and Training in Applied Sport, Exercise, and Performance Psychology* offers case analysis as a vehicle to address issues and experiences in the application of sport, exercise, and performance psychology (SEPP) and the supervision/training of individuals to become professionals in the field. A follow-up to *Becoming a Sport, Exercise, and Performance Psychology Professional* (2014), this book features a discussion of real-world case examples which highlight various aspects of professional practice as well as supervision and training. Professionals from around the world, including the United States and Canada, Europe, Asia, Africa, and Australia share diverse experiences, providing a uniquely in-depth, global perspective.

## 21. Gymnastics Performance and Motor Learning: Principles and Applications

(Series: Sports and Athletics Preparation, Performance, and Psychology)

Edited by Thomas Heinen, Ivan Cuk, Ruben Goebel & Konstantinos Velentzas

Sept 2016, 209 pages, Hardcover (Nova Science)

ISBN 9781634857376 **¥34,060**

The book *Gymnastics Performance and Motor Learning: Principles and Applications* is a state-of-the-art discussion forum for topics that are of high interest in the field of gymnastics. Experts from different countries and with different scientific backgrounds such as psychology, pedagogy, training science, sports science, and movement science provide a number of significant contributions covering recent theoretical developments, current research evidence, as well as implications for practical applications concerning the different gymnastics disciplines. Topics discussed in the book include gymnasts gaze behavior in complex skills, spotting and guiding techniques, observational learning, augmented feedback, imagery, mental rotation, directional tendencies, interpersonal coordination, lost skill syndrome, performance indicators, as well as apparatus developments. Given the wide range of topics, *Gymnastics Performance and Motor Learning: Principles and Applications* may be an important source of information for graduate students, researchers, and practitioners (coaches and gymnasts) who work in the field of gymnastics.

## 22. Handbook of Disability Sport and Exercise Psychology

by Jeffrey J. Martin

Oct 2017, 480 pages, Hardcover (Oxford U.P.)

ISBN 9780190638054 **¥16,860**

Historically, very few sport and exercise psychologists and professionals from related fields such as disability and rehabilitation have conducted thorough research on individuals with disabilities engaged in sport and exercise. The tide is turning, however, as growing media attention and familiarity with the Paralympics and the Wounded Warrior Project begins capturing the attention of researchers everywhere.

By addressing this gap, Jeffrey J. Martin's compelling *Handbook of Disability Sport and Exercise Psychology* is one of the first comprehensive overviews of this important and emerging field of study. In this volume, Martin, an accomplished professor of sport and exercise psychology, shines a light on a variety of topics ranging from philosophy, athletic identity, participation motivation, quality of life, social and environmental barriers, body image, and intellectual impairments among many other issues. Based on the author's own experience and insight, a majority of these topic discussions in this volume are accompanied by thoughtful directions for future research and exploration.

Designed to spark conversation and initiate new avenues of research, the *Handbook of Disability Sport and Exercise Psychology* will allow for readers to look outside the traditional literature focusing largely on able-bodied individuals and, instead, develop a much greater perspective on sport and exercise psychology today.

## 23. Handbook of Research for Biomechanics and Anthropometry in Sport Science

(Series: Sports and Athletics Preparation, Performance, and Psychology)

by Zahra Hojjati Zidashti, Soheila Yavarmasroor, & Kaveh Hariri Asli

Dec 2016, 265 pages, Hardcover (Nova Science)

ISBN 9781536104660 **¥28,680**

This book provides new methods to novel applications of existing methods to gain understanding of the material and/or structural behavior of new and advanced systems. The authors provide innovative chapters on the growth of educational, scientific, and research activities among athletes and provides a medium for mutual communication between



international sports academia. This book publishes significant research reporting new methodologies and important applications in the fields of anthropometric measuring and software. Software and anthropometric-based research findings to date contribute to the scholarly debates over mortality trends, the nature of slavery, and the outcomes of industrialization and economic development. On the other hand, these ideas were included in the proper analysis to provide a dynamic response to the shortcomings of body motion. This book also describes advanced technology and high speed detectors/equipment to determine the operational procedures to avoid hazards on human health, economics and human biology. Consequently, the results within this book will help to reduce the risk of sport injuries.

## **24. Holism and the Cultivation of Excellence in Sports and Performance Skillful Striving**

By Jesus Ilundain-Aguruza

Aug 2016, 368 pages, Hardback (Routledge)

ISBN 9781138671621 **¥23,760**

Holism and the Cultivation of Excellence in Sports and Performance is a multi-methodological and cross-cultural examination of how we flourish holistically through performative endeavors, e.g., sports, martial and performing arts. Relying primarily on sport philosophy, value theory, phenomenology, philosophy of mind, pragmatism, and East Asian philosophies (Japanese and Chinese), it espouses thick holism. Concerned with an integrative bodymind gradually achieved through performance that aims at excellence, the process of self-cultivation proper of thick holism relies on an ecologically rich epistemic landscape where skills are coupled to virtues in pragmatic contexts. Ultimately, this process results in admirable performances and exemplary character. Japanese *dō* (practices of self-cultivation) are prominent modes and models of such flourishing. A holistic and radically enactive approach that advances contentless capacities in lieu of representations transparently accounts for the kind of action that characterizes such expert performances. Importantly, these performer-centered endeavors unfold within communities that foster the cultivation of our abilities as lifelong quests for human excellence. Each chapter can be read independently but still forms part of a continuous argumentative and narrative thread. This book was previously published as a special issue of Sport, Ethics and Philosophy.

## **25. Identity Discourses and Communities in International Events, Festivals and Spectacles**

(Series: Leisure Studies in a Global Era)

by Udo Merkel

Feb 2015, 276 pages, Hardcover (Palgrave Macmillan) ISBN 9781137394927 **¥19,910**

This collection focuses on the multi-layered links between international events and identity discourses. With a unique line-up of international scholars, this book offers a diverse range of exciting case studies, including sports competitions, music festivals, exhibitions, fashion shows and royal celebrations.

## **26. Individual Motivation within Groups Social Loafing and Motivation Gains in Work, Academic, and Sports Teams**

Edited by Steven Karau

March 2018, 300 pages, Paperback (Academic Pr.) ISBN 9780128498675 **¥17,120**

Individual Motivation within Groups: Social Loafing and Motivation Gains in Work, Academic, and Sports Teams addresses the relationship between social loafing and motivation research, including longstanding, key psychological phenomena such as social dilemmas, social facilitation, and ostracism. Each chapter creates connections to related topics such as leadership, performance in learning groups, isolated teams, and more. This book provides a summary of the field's history, synthesizes related research, and, using the Collective Effort Model, looks at the current level of understanding of both motivation losses and gains in groups.

## **27. The ISSP Manual of Sports Psychiatry**

Edited by Ira D. Glick, Stull Todd, & Danielle Kamis

Jan 2018, 264 pages, Hardback (Routledge)

ISBN 9780415792486 **¥24,940**

The ISSP Manual of Sports Psychiatry is the first text describing the role of a sports psychiatrist. Covering both individual as well as team sports, contact and non-contact, from childhood through late adulthood, the manual describes the role of sports in our culture and details the psychiatric interventions associated with players and their teams. The editors take a broad focus, covering topics from neuroscience-psychiatric and psychological aspects, performance enhancement, team chemistry and dynamics, organizational issues to working with medical, orthopedic/surgical and neurologic colleagues to provide comprehensive prevention and treatment to enhance well-being and performance. This text will be invaluable to medical and psychiatric physicians, psychologists and other mental health professionals, as well as athletes, trainers, leagues and their commissioners, sports writers and even "fans" anxious to understand what is going on with their teams.

## **28. Leadership in Sports Coaching A Social Identity Approach**

By Paul Cummins, Ian O'Boyle, & Tony Cassidy

July 2017, 150 pages, Hardback (Routledge)

ISBN 9781138281912 **¥24,940**

The professionalisation of sports coaching has demanded higher standards of leadership in order to improve performance and effectiveness. This book focuses on leadership in sports coaching, exploring key concepts and principles underpinned by a presentation of new empirical research. Placing social identity theory at its centre – a theory not previously applied to sports coaching – this book provides students and researchers with a powerful tool for understanding the complex social dynamic that is the coaching process.

## **29. Marathon Running Physiology, Psychology, Nutrition and Training Aspects**

Edited by Christoph Zinner & Billy Sperlich

March 2016, 171 pages, Hardcover (Springer)

ISBN 9783319297262 **¥34,290**

The book contains recent research about physiology, psychology, nutrition and training aspects of Marathon Running of different age, gender and performance level. The basic knowledge of marathon running with explanations of the physiological and psychological mechanisms induced by marathon training with the associated adaptations and subsequent improved physiological capacities are presented in a reader friendly format for researchers and practitioners. The

book includes a full range of useful practical knowledge, as well as trainings principles to guide the reader to run marathon faster. After reading the book the reader is able to develop training plans and owns the knowledge about up-to-date scientific results in the fields of physiology, psychology, nutrition in marathon running.

### **30. Mindfulness and Performance**

(Series: Current Perspectives in Social and Behavioral Sciences)

Edited by Amy L. Baltzell

Jan 2016, 572 pages, Hardcover (Cambridge U.P.)

ISBN 9781107074699 **¥22,410**

Incorporating the theoretical conceptualizations of Jon Kabat-Zinn and Ellen Langer, this volume illustrates how performers from a variety of disciplines - including sport, dance and music - can use mindfulness to achieve peak performance and improve personal well-being. Leading scholars in the field present cutting-edge research and outline their unique approach to mindfulness that is supported by both theory and practice. They provide an overview of current mindfulness-based manuals and programs used around the globe in countries such as the United States, China and Australia, exploring their effectiveness across cultures. Mindfulness and Performance will be a beneficial reference for practitioners, social and sport psychologists, coaches, athletes, teachers and students.

### **31. Motor Learning and Control Concepts and Applications, 11th Edition**

by Richard A Magill & David Anderson Dr.

July 2016, 496 pages, Paperback (McGraw-Hill Education) ISBN 9781259823992 **¥56,470**

Motor Learning and Control: Concepts and Applications provides an introductory study of motor learning and control for students who aspire to become practitioners in exercise science, physical education, and other movement-oriented professions. The text opens with an introduction to motor skills and control, continues through attention, memory, and learning, and ends with a discussion of instruction, feedback, and practice methods. The text's strong research base, clear presentation and practical applications will help students build a solid foundation in motor skills and prepare them for further exploration on their own.

### **32. Moving Bodies in Interaction – Interacting Bodies in Motion Intercorporeality, interkinesthesia, and enaction in sports**

(Series: Advances in Interaction Studies, Vol 8)

Edited by Christian Meyer & Ulrich v. Wedelstaedt

Aug 2017, 377 pages, Hardcover (John Benjamins)

ISBN 9789027204622 **¥21,060**

This volume presents a new perspective on socially coordinated embodied activity. It brings together scholars from linguistics, interactional sociology, neuropsychology and brain research. It assembles empirical studies of the interaction in sports that draw on recent developments in ethnomethodological conversation analysis, the sociology of practice, interactional linguistics, and cognitive studies. Thinking beyond the individual body, the chapters investigate microscopically the materiality and reflexivity of skilled bodies in motion in different sports ranging from individuals jointly rock-climbing and distance-running to team sports such as rugby and basketball.

Combining theoretical elements from phenomenology and

cognitive studies, the volume emphasizes the temporal extension and merging of bodies towards an acting plural body and the situated embeddedness of dynamically interacting bodies in an environment that encompasses organized spaces, objects or other bodies. It thus offers a number of case studies in advanced research in embodied interaction that coalesce in a comprehensive picture of the ways human bodies merge in joint action.

### **33. On Sport and the Philosophy of Sport**

#### **A Wittgensteinian Approach**

By Graham McFee

June 2015, 234 pages, Hardback (Routledge)

ISBN 9781138907867 **¥26,130**

What is the 'philosophy of sport'? What does one do to count as a practitioner in the philosophy of sport? What conception of philosophy underpins the answer to those questions? In this important new book, leading sport philosopher Graham McFee draws on a lifetime's philosophical inquiry to reconceptualise the field of study. The book covers important topics such as Olympism, the symbolisation of argument, and epistemology and aesthetics in sport research; and concludes with a section of 'applied' sport philosophy by looking at rules and officiating.

### **34. The Organizational Psychology of Sport**

#### **Key Issues and Practical Applications**

Edited by Christopher R. D. Wagstaff

Sept 2016, 276 pages, Hardback (Routledge)

ISBN 9781138955172 **¥24,940**

This ground-breaking book is the first to provide a comprehensive overview of how organizational psychology can be used to understand and improve performance in elite sport. Using recent theoretical advances from this burgeoning area of research, each chapter offers key conceptual issues and practical insights across a range of topics.

The book is structured into four constituent parts,

Attitudes and emotions in sports organizations

Stress and well-being in sports organizations

Behaviors in sports organizations

Environments in sports organizations

Covering key areas such as attitudes to employment, conflict and change management, leadership, and relationships with the mass media, the book shines a spotlight on how organizational issues play a fundamental role in the experience of individuals and teams.

In an era of ever-increasing professionalism in sport, the book provides an invaluable new perspective on performance at the elite level. Including contributions from an international range of academics and practitioners, it will be essential reading for any student or practitioners within sport and exercise psychology.

### **35. The Palgrave Handbook of Ageing and Physical Activity Promotion**

Edited by Samuel R. Nyman, Anna Barker, Terry Haines, Khim Horton and others

June 2018, Hardcover (Palgrave Macmillan)

ISBN 9783319712901 **ca. ¥43,020**

Despite advances in the fields of gerontology and geriatrics, sports and exercise science, sociology, health psychology, and public health, knowledge is largely contained within disciplines as reflected in the current provision of academic texts on this subject. To truly address the present and substantial societal challenges of population ageing, a multidisciplinary and

collaborative approach is required. This edited volume informs researchers, students, and practitioners on the current evidence base for what physical activities need to be promoted among older people and how they can be implemented to maximise engagement. The Palgrave Handbook of Physical Activity Promotion Among Older People allows the many and varied theoretical perspectives, research findings, and conceptual discussions to come together. This handbook is an invaluable resource for researchers, practitioners, policy makers, and students across the social sciences.

### **36. The Peer Guide to Applied Sport Psychology for Consultants in Training**

Edited by Mark W. Aoyagi, Artur Poczwardowski, & Jamie L. Shapiro

Nov 2016, 180 pages, Hardback (Routledge)

ISBN 9781138860308 **¥24,940**

Successful sport psychology professionals have benefitted from stimulating conversations, challenging questions, support, camaraderie, guidance, and advice offered by their graduate school classmates. Peer relationships are vital and valued aspects of professional development, with many of the relationships formed during school, serving as the closest confidences and strongest friendships throughout careers and lifetimes. Yet, the voices and experiences of fellow graduate students are sparsely reported in the sport psychology literature, and profoundly silent in textbooks. The Peer Guide to Applied Sport Psychology for Consultants in Training provides a platform for the influential voices of peers, with whom graduate students relate and connect on a visceral level.

### **37. Performance Analysis in Team Sports**

By Pedro Passos, Duarte Araújo, & Anna Volossovitch

Nov 2016, 238 pages, Hardback (Routledge)

ISBN 9781138825833 **¥23,760**

This book not only presents a variety of different ways to analyse performance in team sports, but also demonstrates how scientific data can be used to enrich performance analysis. Part one delineates the main guidelines for research in performance analysis, discussing the characteristics of team sports, coaching processes, variables characterizing performance and methods for team member interaction analysis. Part two drills down into performance analysis across a range of team sports including soccer, basketball, handball, ice hockey, volleyball and rugby.

Performance Analysis in Team Sports is an essential companion for any course or research project on sports performance analysis or sports coaching, and an invaluable reference for professional analysts.

### **38. Performance Psychology Theory and Practice**

By Stewart Cotterill

April 2017, 164 pages, Hardback (Routledge)

ISBN 9781138831278 **¥21,380**

In Performance Psychology: Theory and Practice, Stewart Cotterill examines not only how stressful situations can affect performance, but also the means by which we can reach our potential regardless. Featuring chapters on decision-making, emotion, resilience and mental toughness, cognition and perception, ageing and experience, confidence, and recovery, this is the definitive textbook in the field, mapping the core

theoretical concepts but also offering practical guidance on how performance can be improved. Also including chapters on motor skills and nutrition, it is a complete and comprehensive overview of this growing field of study.

Including study questions and further reading in each chapter, Performance Psychology: Theory and Practice will appeal not only to students and researchers across applied psychology, but also coaches and performers looking for ways to realize their potential when it really matters.

### **39. Persuasion and Communication in Sport, Exercise, and Physical Activity** (Routledge Psychology of Sport, Exercise and Physical Activity)

Edited by Ben Jackson, James Dimmock, & Josh Compton

Aug 2017, 302 pages, Hardback (Routledge)

ISBN 9781138652309 **¥24,940**

Persuasion and Communication in Sport, Exercise, and Physical Activity is the first book to consider the applications of persuasion frameworks within activity-related contexts, while also summarizing the major developments relating to communication topics in these settings. It provides a state of the art review of the key developments, challenges, and opportunities within the field. It brings together international experts from the fields of social, health, and sport and exercise psychology, to give theoretical overviews, insights into contemporary research themes and practical implications, as well as agendas for future research.

Covering topics such as changing attitudes towards exercise, social influence, persuasive leadership and communicating with people with physical disabilities, this book provides a contemporary approach to persuasion and communication in a sport, exercise and physical activity setting. It is an important text for upper-level undergraduate and postgraduate students, as well as academics in the fields of Sport and Exercise Science, Kinesiology, Health and Physical Activity Promotion, and related areas of Psychology.

### **40. Philosophy: Sports**

(Series: Macmillan Interdisciplinary Handbooks)

Edited by Gale Cengage Learning

Jan 2017, 395 pages, Hardcover (Gale)

ISBN 9780028663371 **¥32,090**

Philosophy: Sport is composed of nineteen chapters covering such topics as cheating, gender equality, aesthetics, steroid use, and spirituality. The use of film, literature, art, case studies, and other disciplines or situations/events provide illustrations of human experiences which work as gateways to questions philosophers try to address. Chapters are written by eminent scholars, are peer reviewed, and offer bibliographies to encourage further exploration. Photos and line art help illuminate the text. The volume concludes with a glossary and a comprehensive index.

### **41. Physical Activity and Educational Achievement**

**Insights from Exercise Neuroscience**

Edited by Romain Meeusen, Sabine Schaefer, Phillip Tomporowski, & Richard Bailey

Aug 2017, 378 pages, Hardback (Routledge)

ISBN 9781138234970 **¥24,940**

With contributions from leading scientists and educationalists from around the world, this book cuts through the myths to interrogate the relationship between physical activity and educational achievement in children, adolescents and young

adults in a variety of cultural and geographical contexts. Examining both the benefits and risks associated with physical activity from the perspectives of exercise science and educational psychology, it also looks ahead to ask what the limits of this research might be and what effects it might have on the future practice of education.

Physical Activity and Educational Achievement: Insights from Exercise Neuroscience is fascinating reading for any student, academic or practitioner with an interest in exercise science and education.

## **42. Physical Activity and Sport in Later Life**

### **Critical Perspectives**

(Series: Global Culture and Sport Series)

Edited by Emmanuelle Tulle & Cassandra Phoenix  
March 2016, 189 pages, Hardcover (Palgrave macmillan) ISBN 9781137429315 **¥18,800**

This volume addresses key issues such as the cultural and discursive context in which physical activity is discussed; the process of becoming physically active; the role of care settings in enabling physical activity; pleasure; gender; and place and space.

## **43. Positive Pedagogy for Sport Coaching**

### **Athlete-centred coaching for individual sports**

By Richard Light

Nov 2017, 168 pages, Hardcover (Routledge)

ISBN 9781138215580 **¥23,760**

The concept of positive pedagogy has transformed the way we understand learning and coaching in sport. Presenting examples of positive pedagogy in action, this book is the first to apply its basic principles to individual sports such as swimming, athletics, gymnastics and karate.

Using the game based approach (GBA) (an athlete-centred, inquiry-based method that involves game-like activities), this book demonstrates how positive pedagogy can be successfully employed across a range of sports and levels of performance, while also providing insight into coaches' experiences of this approach. Divided into three sections that focus on the development, characteristics and applications of positive pedagogy, it fills a gap in coaching literature by extending the latest developments of GBA to activities beyond team sports. It pioneers a way of coaching that is both efficient in improving performance and effective in promoting positive experiences of learning across all ages and abilities.

## **44. Positive Psychology in Sport and Physical Activity**

### **An Introduction**

Edited by Abbe Brady, & Bridget Grenville-Cleave

Oct 2017, 274 pages, Hardcover (Routledge)

ISBN 9781138235595 **¥26,130**

In attempting to help people enjoy sport, sport psychology has paradoxically often focused on topics such as anxiety, stress and burnout. By contrast, this reader-friendly introduction to PP shows how it can improve sporting performance while also enhancing physical and mental well-being. Demonstrating the practical relevance of PP for all those who participate in sport and physical activity at any level, it covers a variety of topics, including:

passion, enjoyment and flow

positive pedagogy and appreciative inquiry for sports leaders, coaches and teachers

gratitude, mindfulness, optimism and hope

positive psychology coaching for sports leaders and practitioners

character strengths, growth mindset and resilience.

With expert contributors from around the globe, real-life case studies, practical strategies and suggestions for future research in every chapter, this book is inspirational reading for all students, coaches, researchers and practitioners with an interest in sport and exercise psychology, mental health and well-being.

## **45. Positive Youth Development through Sport, second edition**

Edited by Nicholas L. Holt

April 2016, 244 pages, Hardcover (Routledge)

ISBN 9781138891791 **¥26,130**

Cutting through the political rhetoric about the power of sport as a tool for social change and personal improvement, this book offers insight into how and why participating in sport can be good for children and young people. As the first text to focus on the role of sport in positive youth development (PYD), it brings together high-profile contributors from diverse disciplines to examine critically the ways in which sport can be used to promote youth development.

## **46. A Primer for Swimming Coaches**

### **Physiological Foundations**

(Series: Sports and Athletics Preparation, Performance, and Psychology)

Sept 2016, 556 pages, Paperback (Nova Science)

ISBN 9781634858212 **¥48,400**

It has been 12 years since the author published the 3rd edition of the Swimming Faster series and time has not stood still. Research has continued at a rapid pace, using increasingly sophisticated methodology to improve our knowledge of the training process. In this book, the author shares what he learned with members of the competitive swimming community throughout the world.

The title of this book was changed to reflect his purpose in writing it. It is a source for coaches and athletes to improve their knowledge of the scientific aspects of training. It should also help readers become familiar with the sometimes confusing terms used by sports scientists so they can read the results of their studies with understanding. Furthermore, this book informs the readers' enough in the areas of physiology, biochemistry and molecular biology as they pertain to the training of athletes. It is the author's hope that they will be able to evaluate the validity of that research and decide for themselves if it has merit. Finally, this book provides the readers' with the knowledge to apply the information they gain to their own unique training environments. This is so they will not have to copy the training of successful coaches without understanding why it was beneficial and how it might be modified to become even more useful within their surroundings.

## **47. Proceedings of the 10<sup>th</sup> International Symposium on Computer Science in Sports (ISCSS)**

(Advances in Intelligent Systems and Computing, Vol 392)

Edited by Paul Chung, Andrea Soltoggio, Christian W. Dawson, Qinggang Meng, & Matthew Pain

Nov 2015, 268 pages, Paperback: (Springer)

ISBN 9783319245584 **¥66,150**

This book presents the main scientific results of the 10th International Symposium of Computer Science in Sport

(IACSS/ISCSS 2015), sponsored by the International Association of Computer Science in Sport in collaboration with the International Society of Sport Psychology (ISSP), which took place between September 9-11, 2015 at Loughborough, UK. This proceedings aims to build a link between computer science and sport, and reports on results from applying computer science techniques to address a wide number of problems in sport and exercise sciences. It provides a good platform and opportunity for researchers in both computer science and sport to understand and discuss ideas and promote cross-disciplinary research. The strictly reviewed and carefully revised papers cover the following topics: Modelling and Analysis, Artificial Intelligence in Sport, Virtual Reality in Sport, Neural Cognitive Training, IT Systems for Sport, Sensing Technologies and Image Processing.

## **48. Psychology in Professional Sports and the Performing Arts Challenges and Strategies**

Edited by Robert J. Schinke, & Dieter Hackfort  
Aug 2016, 302 pages, Hardback (Routledge)  
ISBN 9781138808614 **¥24,940**

Psychology in Professional Sports and the Performing Arts: Challenges and Strategies is a unique and timely collection that brings together the experiences and knowledge of a range of applied psychologists working in these exciting industries. The book begins with a section outlining the core skills practitioners require in the field, before chapters discussing individual sports, team sports and the performing arts. Each author looks at how theoretical principles can be applied within a particular professional context, delineating how performers may benefit from working with a psychologist, as well as the ethical and cultural challenges that they faced.

Assessing the role of applied psychologists across a truly unique range of activities, from polo to motor racing and ice hockey to modern dance, Psychology in Professional Sports and the Performing Arts: Challenges and Strategies offers unrivalled insights into how sport and exercise psychology can be put into practice in challenging professional environments. It will appeal to anyone studying sport and exercise psychology, or working in the field.

## **49. Psychology in Sports Coaching Theory and Practice, 2nd Edition**

By Adam R. Nicholls  
May 2017, 282 pages, Hardback (Routledge)  
ISBN 9781138701861 **¥26,130**

Some of the most effective coaches understand the fundamentals of sport psychology, which include interacting effectively with athletes, creating the optimal environment, assessing the psychological needs of their athletes, and even providing them with the mental training required to maximise performance.

Fully revised and updated, the second edition of Psychology in Sports Coaching: Theory and Practice clearly and accessibly introduces the principles and practice of sport 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.

## **50. The Psychology of Doping in Sport**

Edited by Vassilis Barkoukis, Lambros Lazuras, & Haralambos Tsorbatzoudis  
July 2015, 280 pages, Hardback (Routledge)  
ISBN 9781138793477 **¥26,130**

This is the first book to draw together cutting-edge research on the psychological processes underlying doping use in sport and exercise, thereby filling an important gap in our understanding of this centrally important issue in contemporary sport. Covering diverse areas of psychology such as social cognition, automatic and controlled processes, moral decision-making, and societal and contextual influence on behaviour, the book also explores methodological considerations surrounding doping assessment in psychological research as well as future directions for evidence-based preventive interventions and anti-doping education.

## **51. The Psychology of Exercise Integrating Theory and Practice, 4th Edition**

By Curt L. Lox, Kathleen A. Martin Ginis, & Steven J. Petruzzello

May 2017, 456 pages, Hardback (Routledge)  
ISBN 9781138078307 **¥22,570**

The Psychology of Exercise: Integrating Theory and Practice, fourth edition, continues to weave together theory, research, application, and interventions to provide readers with a solid foundation in exercise psychology. In this comprehensive, accessible, book, the authors apply prominent theories and models to actual situations encountered professionally. Compelling graphs, models, other visuals, and effective pedagogical aids further enhance the material.

The chapters in Part I help readers understand and modify exercise behavior, while those in Part II discuss psychosocial influences and the consequences of physical activity. Among the topics explored are the impact of exercise on self-perceptions, including self-esteem and body image; stress, anxiety, and depression; and emotional well-being. Chapters on the relationship between physical activity and cognitive function as well as health-related quality of life offer the latest information for these areas of study.

## **52. The Psychology of Perfectionism Theory, Research, Applications**

Edited by Joachim Stoeber

Aug 2017, 380 pages, Hardback (Routledge)  
ISBN 9781138691025 **¥24,940**

The book examines new theories and perspectives including the social disconnection model of perfectionism and the 2 × 2 model of perfectionism. It also reviews empirical findings, with a special focus on stress, vulnerability, and resilience, and examines perfectionism in specific populations. Finally, it considers how perfectionism relates to physical health and psychophysiological processes and introduces new approaches to effective prevention and treatment.

By increasing our understanding of perfectionism as a complex personality disposition and providing a framework for future explorations, this landmark publication aims to promote further research in this field. It will be invaluable reading for academics, students, and professionals in personality psychology, clinical and counseling psychology, applied psychology, and related disciplines.

## **53. The Psychology of Perfectionism in Sport, Dance and Exercise**

Edited by Andrew Hill

May 2016, 330 pages, Hardback (Routledge)  
ISBN 9781138958685 **¥24,940**

Perfectionism has been found to play an important yet complex role in sport, dance and exercise.

This collection provides a comprehensive and up-to-date account of theory, measurement, research findings, and

practitioner issues associated with perfectionism, providing readers with insights into both its benefits and its costs. The book features contributions from many of the leading researchers in the field, and also includes recommendations from experienced practitioners and clinicians on how best to work with perfectionists.

This book will provide students and researchers in sport and exercise psychology, as well as coaches and instructors in sport, dance and exercise, with an invaluable resource to guide their research and practice.

## **54. Psychology of Physical Activity Determinants, Well-Being and Interventions, 3rd Edition**

By Stuart J. H. Biddle, Nanette Mutrie, & Trish Gorely  
Feb 2015, 420 pages, Hardback (Routledge)  
ISBN 9780415518178 **¥28,510**

The positive benefits of physical activity for physical and mental health are now widely acknowledged, yet levels of physical inactivity continue to increase throughout the developed world. Understanding the psychology of physical activity has therefore become an important concern for scientists, health professionals and policy-makers alike. Psychology of Physical Activity is a comprehensive and in-depth introduction to the fundamentals of exercise psychology, from theories of motivation and adherence to the design of successful interventions for increasing participation.

## **55. The Psychology of Sports Coaching Research and Practice**

Edited by Richard Thelwell, Chris Harwood, & Iain Greenlees  
July 2016, 290 pages, Hardback (Routledge)  
ISBN 9781138917163 **¥26,130**

This is the first book to offer a comprehensive review of current research in the psychology of sports coaching. It provides detailed, critical appraisals of the key psychological concepts behind the practice of sports coaching and engages with contemporary debates in this field. Organised around three main themes, it discusses factors affecting the coaching environment; methods for enhancing coach performance; and how to put theory into practice through coaching work.

## **56. Rational Emotive Behavior Therapy in Sport and Exercise**

Edited by Martin Turner, & Richard Bennett  
Dec 2017, 296 pages, Hardback (Routledge)  
ISBN 9781138688452 **¥27,320**

In this text, leading international experts and practitioners reflect on the use of Rational Emotive Behaviour Therapy (REBT) in sport and exercise, and examine the techniques used, using case studies to give a detailed insight into the use of REBT across a diverse range of issues, including:

- competition anxiety
- managing injury and loss
- addressing symptoms of exercise dependence
- improving low frustration tolerance.

This book is essential reading for undergraduates, postgraduates, trainee and qualified sport and exercise psychologists, and counsellors wishing to move into sport and exercise.

## **57. Re-Designing Youth Sport Change the Game**

By John McCarthy, Lou Bergholz, & Megan Bartlett  
March 2016, 178 pages, Hardback (Routledge)  
ISBN 9781138852198 **¥24,940**

Many observers have pointed out what is wrong with youth sport: an emphasis on winning at all costs; parental over-involvement; high participation costs that exclude many families; lack of vigorous physical activity; lack of player engagement; and no focus on development. Currently, most attempts at righting the wrongs of youth sport have focused on coach education and curriculum, but in this book, the authors offer a different approach—one that involves changing the game itself.

Re-Designing Youth Sport combines vivid examples and case studies of innovative sport programs who are re-designing their sport with a comprehensive toolkit for practitioners on how to change their game for bigger and better outcomes. It offers a fresh and exciting perspective on the seemingly intractable issues in sport. It presents a practical and empowering pathway for readers to apply the examples and tools to the outcomes that they aspire to achieve in their sport, such as increased fun and excitement, life-skills building, gender inclusion, increased sportspersonship, greater parity and avoidance of one-sided competition, and positive parental roles. The book also reveals how community leagues as well as national and international sport governing bodies are using re-design to accelerate player skill development, tactical awareness, and physical fitness.

## **58. Research in Sport Psychology**

(Series: Sports and Athletics Preparation, Performance, and Psychology)

Edited by Chris Beedie  
Aoruk 2017, 305 pages, Hardcover (Nova Science)  
ISBN 9781536111040 **¥34,950**

Over the past several years, both coaches and athletes have started to realize that strength, speed, and other athletic skills are not sufficient for the production of championship athletes. Athletic performance has three parts: physical preparation, technical skill, and psychological readiness. This model suggests that if any of the above areas are neglected, athletic performance will decline. However, psychological preparation is the component that is most often neglected by athletes and coaches alike. Presently, the field of sports psychology and performance enhancement is growing exponentially. However, the sources of information related to the field are extremely limited. This book provides relevant insight into the field of sport psychology.

## **59. Resistance Training**

### **Principles, Adaptations and Health Effects**

(Sports and Athletics Preparation, Performance, and Psychology)

Aug 2016, 132 pages, paperback (Nova Science)  
ISBN 9781634856539 **¥17,030**

Resistance exercise is characterized by a voluntary muscle contraction of a body segment against an external resistance. It generates a number of effects on body composition, in particular muscle hypertrophy. In this book, Chapter One studies the effects of resistance and aerobic training on obesity, a worldwide epidemic with an alarming high prevalence. Chapter Two shows the effectiveness of resistance training on three diseases with rheumatic features. Chapter Three summarizes findings from a university-community-based resistance training program (with information sessions and social gatherings) that was designed for older people.

## **60. Routledge Handbook of Qualitative Research in Sport and Exercise**

Edited by Brett Smith & Andrew C. Sparkes  
Sept 2016, 496 pages, Hardback (Routledge)  
ISBN 9781138792487 **¥41,580**

The last two decades have witnessed a proliferation of qualitative research in sport and exercise. The Routledge Handbook of Qualitative Research in Sport and Exercise is the first book to offer an in-depth survey of established and emerging qualitative methods, from conceptual first principles to practice and process.

Written and edited by a team of world-leading researchers, and some of the best emerging talents, the book introduces a range of research traditions within which qualitative researchers work. It explores the different methods used to collect and analyse data, offering rationales for why each method might be chosen and guidance on how to employ each technique successfully. It also introduces important contemporary debates and goes further than any other book in exploring new methods, concepts, and future directions, such as sensory research, digital research, visual methods, and how qualitative research can generate impact.

Cutting-edge, timely and comprehensive, the Routledge Handbook of Qualitative Research in Sport and Exercise is an essential reference for any student or scholar using qualitative methods in sport and exercise-related research.

## **61. Routledge Handbook of Sport Expertise**

By Joseph Baker, & Damian Farrow  
March 2015, 454 pages, Hardback (Routledge)  
ISBN 9780415839808 **¥41,580**

The Routledge Handbook of Sport Expertise is the first book to offer a comprehensive overview of current research and practice in the emerging field of sports expertise. Adopting a multi-disciplinary, multi-faceted approach, the book offers in-depth discussion of methodological and philosophical issues in sport expertise, as well as the characteristics that describe sporting 'experts' and how they can be facilitated and developed. Exploring research, theory and practice, the book also examines how scientists and practitioners can work together to improve the delivery of applied sport science.

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

## **62. Routledge Handbook of Talent Identification and Development in Sport**

Edited by Joseph Baker, Stephen Cobley, Jörg Schorer, & Nick Wattie  
March 2017, 498 pages, Hardback (Routledge)  
ISBN 9781138951778 **¥39,200**

Identifying athletic talent and developing that talent to its full potential is a central concern in sport. Understanding talent identification and its implications for both positive and negative developmental outcomes is crucial to sporting success. This is the first comprehensive resource for scientists, researchers, students, coaches, analysts and policymakers looking to improve their knowledge of the talent identification and development process.

With contributions from leading researchers and practitioners, this book offers a complete overview of contemporary talent

identification and development from in-depth discussion of methodological and philosophical issues through to practical applications. Adopting an international and multi-disciplinary approach, it addresses all key aspects of the talent identification and development process, including skill acquisition and motor learning, psychological factors and family influences, creating optimal environments for performance, and dealing with injury and rehabilitation.

Presenting an unrivalled wealth of research, the Routledge Handbook of Talent Identification and Development in Sport is an essential resource for any undergraduate or postgraduate degree course in sport studies, sport science, sport coaching or sport management, as well as for sport policymakers, analysts and coaches.

## **63. Routledge Handbook of the Philosophy of Sport**

Edited by Mike McNamee, & William J. Morgan  
Mar 2015, 460 pages, Hardback (Routledge)  
ISBN 9780415829809 **¥41,580**

New in Paperback: May 2017, ISBN 9781138294967  
**¥9,500**

The Routledge Handbook of the Philosophy of Sport is a landmark publication in sport studies. It goes further than any book has before in tracing the contours of the discipline of the philosophy of sport and in surveying the core themes, approaches and theories that form its disciplinary fabric. The book explores the ways in which an understanding of philosophy can inform our understanding of important prevailing issues in sport. Edited by two of the most significant figures in the development of the philosophy of sport, Mike McNamee and Bill Morgan, and with contributions from many of the world's leading sport philosophers, this is an invaluable companion reference volume for any course in the social scientific study of sport, and an essential addition to the bookshelf of any serious scholar of the philosophy and/or ethics of sport.

## **64. Routledge International Handbook of Golf Science**

Edited by Martin Toms  
Oct 2017, 466 pages, Hardback (Routledge)  
ISBN 9781138189126 **¥39,200**

Golf is one of the world's major sports and consequently the focus of world-class scientific research. This landmark publication is the most comprehensive book ever published on the science of golf, covering every sub-discipline from physiology, biomechanics and psychology to strength and conditioning, youth development and equipment design.

Showcasing original research from leading golf scientists across the globe, it examines the fundamental science underpinning the game and demonstrates how it can be applied in practice to improve and develop players. Each chapter provides a definitive account of the current state of knowledge in a particular area of golf science, addressing the limitations of existing research, presenting new areas for development and discussing the implications for coaches, players, scientists and the wider golfing public.

## **65. Routledge International Handbook of Sport Psychology**

Edited by Robert J. Schinke, Kerry R. McGannon, & Brett Smith  
Feb 2016, 614 pages, Hardback (Routledge)  
ISBN 9781138022423 **¥41,580**

Contemporary sport psychology is a rapidly developing and

theoretically rich discipline, and a sophisticated and challenging profession. The Routledge International Handbook of Sport Psychology offers a comprehensive and authoritative guide to contemporary sport psychology in all its aspects. Written by a team of world-leading researchers and practitioners from five continents, including both established scholars and the best emerging talents, the book traces the contours of the discipline of sport psychology, introducing fundamental theory, discussing key issues in applied practice, and exploring the most important themes, topics and debates across the sport psychology curriculum.

## **66.Science and Medicine in Combat Sports**

(Series: Sports and Athletics Preparation, Performance, and Psychology)

Edited by: Patrik Drid

Apr 2017, Hardcover (Nova Science)

ISBN 9781536100037 **¥34,060**

The number of studies in combat sports has significantly increased in the last decade, as numerous combat sports are becoming more popular around the world. In this book, authors present current academic research from interdisciplinary combat sports arenas, including MMA, Judo, Karate and Tae Kwon Do. Furthermore, readers can find a review that explores the time-motion analysis of grappling, striking and mixed combat sports, and an overview of physiological responses to typical training sessions in official and simulated combats. Relevant physical and psychosocial changes throughout the process of maturation are addressed along with a comparison between combat sports and other forms of physical activity. This book also addresses links between oxidative stress and exercise in combat sports; injury epidemiology in judo; differences among athletes in different karate disciplines.

## **67.Seeking the Senses in Physical Culture**

**Sensuous scholarship in action**

Edited by Andrew C. Sparkes

Jan 2017, 204 pages, Hardback (Routledge)

ISBN 9781138100589 **¥24,940**

The sensory revolution in the social sciences is transforming the ways in which the senses and the sensorium are studied and understood in relation to bodies in action. This is the first book to investigate the impact, and challenges, of this revolution for those interested in physical culture.

Providing vivid examples of sensory scholarship in action from sport, physical activity, leisure and recreation, this book brings together leading figures to discuss how we go about seeking the senses, how we engage in somatic work, and how we create meanings and come to understand ourselves and others as embodied beings in a variety of social settings over time. Featuring original reflections on athletics, running, cycling, sailing, kayaking, windsurfing, glow sports, jiu jitsu, mixed martial arts and yoga, this ground breaking collection showcases the latest sensory research in physical culture as well as paving the way both conceptually and methodologically for future work in this area.

Seeking the Senses in Physical Culture: Sensuous scholarship in action is fascinating reading for all those interested in physical cultural and body studies; the sociology, psychology and philosophy of sport; leisure and recreation studies; and physical education.

## **68.Sport and Discrimination**

Edited by Daniel Kilvington, & John Price

Feb 2017, 256 pages, Hardback (Routledge)

ISBN 9781138194571 **¥24,940**

Divided into five sections, the book explores racism, sexism, homophobia, disability, and the role of media in both perpetuating and tackling discrimination across a variety of sports and sporting events around the world. Drawing on examples from football, rugby, cricket, tennis, climbing, the Olympics and the Paralympics, it offers a critical review of current debates and discusses the latest empirical research on the changing nature of discrimination in sport. Taking into account the experiences of athletes and coaches across all performance levels, it presents recommendations for further action and directions for future research.

A timely and challenging study, Sport and Discrimination is essential reading for all students and scholars of sports studies with an interest in the sociology of sport and the relationship between sport, society and the media.

## **69.Sport and Exercise Psychology 2nd Edition**

Edited by Andrew M Lane

Aug 2015, 346 pages, Hardback (Routledge)

ISBN 9781848722248 **¥23,760**

Taking an applied perspective that bridges the gap between sport and exercise, the book answers these questions by covering the key topics in the field, including confidence, anxiety, self-regulation, stress and self-esteem. There are also chapters on the role of music in performance, imagery and exercise addiction.

Each chapter is written by an expert in that field, and includes a range of features illustrating specific issues, either within the research literature or their practical application. This is a comprehensive and engaging overview of an evolving discipline, and will be essential reading to any student of sport and exercise psychology. It will also be of huge interest to athletes and coaches seeking an accessible understanding of the role of psychology in sport.

## **70.Sport and Exercise Science: An Introduction 3rd Edition**

by Dean Sewell, Philip Watkins & Murray Griffin

May 2018, ca. 380 pages, Hardcover (Routledge)

ISBN 9781138680777 **ca. ¥31,370**

All students of sport and exercise science must have a strong grasp of the fundamental principles of anatomy and physiology, biomechanics and psychology. Sport and Exercise Science: An Introduction provides the best single-volume introduction to these core pillars of sport science and human performance currently available.

This fully revised and expanded third edition introduces the central principles of each discipline, and features updated chapters on energy balance and nutrition, lifestyle factors in sport, exercise and health, the psychology of motor learning and skill acquisition, and a new chapter on applied psychology and sports performance, to provide students with a thorough base of understanding. For the first time, the book contains a cross-disciplinary section on research methods and data analysis, which explores case studies from across the spectrum of sport and exercise science and introduces performance analysis, talent ID and applied sports nutrition to provide students with a touchstone resource for further study.

Offering a highly illustrated, accessible introduction to the key concepts in the scientific study of sport and exercise, and a full companion website to aid instructors, Sport and Exercise Science is an essential companion for students studying the introductory modules on a sport and exercise science degree or foundation course.



## 71.Sport and the Brain

### The Science of Preparing, Enduring and Winning, Part A

(Progress in Brain Research, Vol 232)

Edited by Mark Wilson, Vincent Walsh, & Beth Parkin  
July 2017, 238 pages, Hardcover (Academic Pr.)

ISBN 9780128118276 **¥51,630**

Sport and the Brain: The Science of Preparing, Enduring and Winning, Part A, Volume 232 reflects recent advancements in the understanding of how elite athletes prepare for-and perform at-peak levels during competition. The latest release in this series focuses on a variety of topics, including chapters on Great British medalists: Psychosocial biographies of Super-Elite and Elite athletes from Olympic sports, a chapter on elite and super-elite Great British athletes: Some theoretical implications from Hardy et al.'s (2016) findings, and The psychosocial development of world class athletes: Additional considerations for understanding the whole person and salience of adversity.

This series takes a multidisciplinary approach, focusing on aspects of psychology, neuroscience, skill learning, talent development and physiology.

## 72.Sport and Exercise Psychology 2nd Edition

Edited by Andrew M Lane

Aug 2015, 346 pages, Hardback (Routledge)

ISBN 9781848722248 **¥23,760**

Taking an applied perspective that bridges the gap between sport and exercise, the book answers these questions by covering the key topics in the field, including confidence, anxiety, self-regulation, stress and self-esteem. There are also chapters on the role of music in performance, imagery and exercise addiction.

Each chapter is written by an expert in that field, and includes a range of features illustrating specific issues, either within the research literature or their practical application. This is a comprehensive and engaging overview of an evolving discipline, and will be essential reading to any student of sport and exercise psychology. It will also be of huge interest to athletes and coaches seeking an accessible understanding of the role of psychology in sport.

## 73.Sport and Exercise Psychology Practitioner Case Studies

(Series: BPS Textbooks in Psychology)

Edited by Stewart Cotterill, Neil Weston, & Gavin Breslin

June 2016, 516 pages, Hardcover (Wiley-Blackwell)

ISBN 9781118686522 **¥22,400**

Sport and Exercise Psychology: Practitioner Case Studies focuses on the most current issues in the field, integrating research and practice to develop a coherent understanding of current knowledge, future research directions and applied implications within the field. This is the first book to include theory-based case studies for sport performance, exercise and skill acquisition in one publication. This text provides content that is directly applicable to those students wishing to enter the profession via various national accreditation schemes, in addition to providing chartered psychologists with a text that can directly inform their reflections of their own practice. Sport and Exercise Psychology is supported by an online learning environment that includes 'talking heads' videos for each chapter, further resources, questions and links to relevant external materials.

## 74.Sport and Exercise Psychology Research

### From Theory to Practice

Edited by Markus Raab, Paul Wylleman, Roland Seiler, Anne-Marie Elbe, & Antonis Hatzigeorgiadis

June 2016, 522 pages, Hardcover (Academic Pr.)

ISBN 9780128036341 **¥17,910**

Sport and Exercise Psychology Research: From Theory to Practice provides a comprehensive summary of new research in sport and exercise psychology from worldwide researchers. Encompassing theory, research, and applications, the book is split into several themed sections. Section 1 discusses basic antecedents to performance including fitness, practice, emotion, team dynamics, and more. Section 2 identifies factors influencing individual performance. Section 3 discusses applied sport psychology for athletes and coaches, and section 4 includes approaches from exercise psychology on motivation and well-being. The book includes a mix of award winning researchers from the European Sport Psychology Association, along with top researchers from the U.S. to bring an international overview to sport psychology.

## 75.Sport and the Female Disabled Body

By Elisabet Apelmo

Oct 2016, 158 pages, Hardback (Routledge)

ISBN 9781472455147 **¥26,130**

This path-breaking book analyses the experiences of young sporting women with physical impairments. Taking phenomenology as a point of departure, Elisabet Apelmo explores how the young women handle living with a body which, on the one hand, is viewed as deviant – the disabled body – and on the other hand is viewed as accomplished – the sporting body. A polarization is apparent between the weak, which is manifested through the expression of belonging as "we", and the strong individual. The subject position as strong, positive and capable – as a reaction towards the weak, the negative – is one of the few positions that are available to them. Furthermore, the book demonstrates the strategies of resistance the young women develop against the marginalisation, stereotyping and othering they experience in their everyday lives.

## 76.Sport and the Brain

### The Science of Preparing, Enduring and Winning, Part B,

(Progress in Brain Research, Vol 234)

Edited by Mark Wilson, Vincent Walsh & Beth Parkin

Oct 2017, 386 pages, Hardcover (Academic Pr.)

ISBN 9780128118252 **¥51,630**

Sport and the Brain: The Science of Preparing, Enduring and Winning, Part B, Volume 234 reflects recent advancements in the understanding of how elite athletes prepare for, and perform at, peak levels under the demands of competition. Topics discussed in this new release include a section on Exploring the Applicability of the Contextual Interference Effect in Sports Practice, The Resonant System: Linking Brain-body-environment in Sport Performance, the Effects of Acute High-intensity Exercise on Cognitive Performance in Trained Individuals: A Systematic Review, Moving Concussion Care to the Next Level: The Emergence and Role of Concussion Clinics in the UK, and Neurocognitive Mechanisms of the Flow State.

This longstanding series takes a multidisciplinary approach, focusing on aspects of psychology, neuroscience, skill learning, talent development and physiology.

## **77.Sport Coaching Concepts**

**A framework for coaching practice, 2nd Edition**

By John Lyle, & Chris Cushion

Nov 2016, 354 pages, Hardback (Routledge)

ISBN 9780415675765 **¥27,320**

Drawing on more than a decade's worth of research, the book reflects upon the profound changes that have transformed coach education and development. It covers all the key topics of the sport coaching curriculum and includes six new chapters on the evolution of coaching theory, coaching expertise, decision making, social perspectives on the coach-athlete relationship, social inclusion and principles of coach development. Each chapter contains a full range of pedagogical features to aid learning, including discussion questions, practical projects, guides to further reading, case studies and insights from practising coaches.

Sport Coaching Concepts is essential reading for all students of sport coaching and any serious coaches looking to develop their own coaching practice.

## **78.Sport Cyberpsychology**

By Olivia A. Hurley

March 2018, 232 pages, Hardback (Routledge)

ISBN 9780415789448 **¥26,130**

Sport Cyberpsychology is the first book devoted to assessing the influence of technology on human interaction, behaviour and mental health in a sporting context, gathering research on the use of technology and the internet by athletes, coaches and sport science support staff.

The book identifies the potential impact of technology on athletes' mental preparation for competition, as well as the role of technology in improving performance. It explores the use of technology by athletes and sports organisations for social interaction, while also considering the 'darker' side of athletes' internet use.

## **79.Sport, Ethics and Leadership**

By Jack Bowen, Ronald S. Katz, Jeffrey R. Mitchell, Donald J. Polden, & Richard Walden

July 2017, 252 pages, Hardback (Routledge)

ISBN 9781138738461 **¥26,130**

Everybody involved in sport, from the bleachers to the boardroom, should develop an understanding of ethics. Sport ethics prompt discussion of the central principles and ideals by which we all live our lives, and effective leadership in sport is invariably ethical leadership. This fascinating new introduction to sport ethics outlines key ethical theories in the context of sport as well as the fundamentals of moral reasoning. It explores all the central ethical issues in contemporary sport: from violence, hazing, and gambling to performance enhancement, doping, and discrimination.

## **80.Sport, Gender, and Sexuality**

Edited by Michael Messner

Sept 2015, 1650 pages, Hardback (Routledge)

ISBN 9780415731133 **¥190,080**

Sport, gender, and sexuality emerged as a field of serious academic interest in the 1970s and 1980s, and has now developed into a subject widely studied across the world. Now, this new four-volume collection from Routledge explores how sport was shaped historically as a gendered institution, and closely examines the gender and sexuality of mediated sport, specifically sport's role in the creation and contestation of embodied gender and sexual categories.

## **81.Sport Psychology for Young Athletes**

Edited by Camilla J. Knight, Chris G. Harwood, & Daniel Gould

Oct 2017, 320 pages, Hardback (Routledge)

ISBN 9781138682382 **¥26,130**

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

## **82.Sport, Recovery, and Performance Interdisciplinary Insights**

Edited by Michael Kellmann, & Jürgen Beckmann

Nov 2017, 270 pages, Hardback (Routledge)

ISBN 9781138287761 **¥24,940**

Sport, Recovery, and Performance is a unique multi-disciplinary collection which examines both the psychological and physiological dimensions to recover from sport. Including contributions from medicine, neuroscience, psychology, and sport science, the book expertly explores the implications for applied and strategic interventions to both retain and stabilise performance, and promote health and well-being.

Including chapters written by leading experts, the book represents an important milestone in this evolving field of study. It covers issues around measuring recovery, the impact of overtraining on sleep and mental health, and addresses topics such as the impact of travel on performance. The book informs not only how managing recovery can improve performance, but also offers insights in how recovery can sustain athletes' physical and mental health.

Citing research from a range of individual and team sports, as well as extreme situations and the workplace, this is an important book that will be widely read across sport sciences.

## **83.Sports Chaplaincy Trends, Issues and Debates**

Edited by Andrew Parker, Nick J. Watson, & John B. White

June 2016, 208 pages, Hardback (Routledge)

ISBN 9781472414038 **¥24,940**

This ground-breaking book provides an in-depth analysis of the theory and practice of sports chaplaincy in a global context. Written in an accessible style, yet based on academic evidence and theory, the contributors include those leading major national chaplaincy organisations located in the UK, US, Australia and Continental Europe, as well as chaplains and sport psychologists working in elite and amateur sport and those involved in teaching pastoral theology. Providing a rich and informative source of knowledge and inspiration for practitioners, athletes, academics and those interested in the general relationship between sport and faith, contributors also address the provision of sports chaplaincy at sporting mega-events, including the Olympic Games. This much needed overview of chaplaincy provision in sport across a range of national and international contexts and settings, including both catholic and protestant perspectives, is the first collection of its kind to bring together leading scholars in sports chaplaincy with a view to providing professional accreditation and training amidst the fast-emerging field of sports theology.

## 84. Transgender Athletes in Competitive Sport

Edited by Eric Anderson, & Ann Travers  
June 2017, 228pp., Hardback (Routledge)  
ISBN 9781138235632 ¥24,940

While efforts to include gay and lesbian athletes in competitive sport have received significant attention, it is only recently that we have begun examining the experiences of transgender athletes in competitive sport. This book represents the first comprehensive study of the challenges that transgender athletes face in competitive sport; and the challenges they pose for this sex-segregated institution. Beginning with a discussion of the historical role that sport has played in preserving sex as a binary, the book examines how gender has been policed by policymakers within competitive athletics. It also considers how transgender athletes are treated by a system predicated on separating males from females, consequently forcing transgender athletes to negotiate the system in coercive ways. The book not only exposes our culture's binary thinking in terms of both sex and gender, but also offers a series of thought-provoking and sometimes contradictory recommendations for how to make sport more hospitable, inclusive and equitable.

## 85. Understanding Sport as a Religious Phenomenon An Introduction

by Eric Bain-Selbo & D. Gregory Sapp  
Sept 2016, 184 pages, Hardcover (Bloomsbury Academic) ISBN 9781472506108 ¥21,870

Readers are introduced to a range of theoretical and methodological approaches used to understand religion – including sociology, philosophy, psychology, and anthropology – and how they can be used to understand sport as a religious phenomenon. Topics include the formation of powerful communities among fans and the religious experience of the fan, myth, symbols and rituals and the sacrality of sport, and sport and secularization. Case studies are taken from around the world and include the Olympics (ancient and modern), football in the UK, the All Blacks and New Zealand national identity, college football in the American South, and gymnastics.

Ideal for classroom use, Understanding Sport as a Religious Phenomenon illuminates the nature of religion through sports phenomena and is a much-needed contribution to the field of religion and popular culture.

## 86. Youth Sport and Spirituality Catholic Perspectives

Edited by Patrick Kelly SJ  
Aug 2015, 320 pages, Hardcover (Univ. of Notre Dam Pr.) ISBN 9780268024031 ¥17,920

Unsportsmanlike behavior by student athletes or parents at youth sporting events happens with regularity these days. Much recent research reveals that young people are dropping out of sport at alarming rates due to the often toxic elements in the culture of youth sports. The timely, innovative essays in Youth Sport and Spirituality present a wide-ranging overview that draws on resources from Catholic spiritual and theological traditions to address problems such as these, as well as opportunities in youth sport in the United States.

The book consists of two sections. In the first, prominent scholars in philosophy, psychology, theology, and spirituality reflect on how youth sport contributes to the integral development of the person and his or her grasp of spiritual values. The second half of the book consists of chapters written by coaches, athletic directors, and specialists working with youth coaches. These practitioners share how their approaches to working with youth in sport contribute to the integral development of their players and their openness to transcendent values. The essays examine coaching as ministry, youth sport and moral development, and how parents can act as partners in youth sports, among other topics. The book will interest coaches, athletic directors, and youth ministers in Catholic elementary and high schools in parish settings, as well as undergraduate and graduate students in education who are preparing to teach in Catholic schools.



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