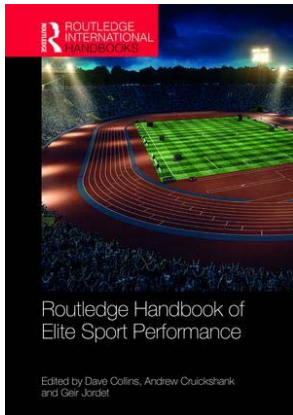


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# エリートスポーツパフォーマンス ハンドブック

## Routledge Handbook of Elite Sport Performance

Edited by *Dave Collins, Andrew Cruickshank, Geir Jordet*

2019年6月出版 398ページ P175 ¥37,800

Routledge ISBN: 9781138290303

この本は、現代のエリートスポーツにおける幅広いパフォーマンスとサポートの問題を検証した最初の貴重な文献です。

### 本書の内容

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

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

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