



ACTIVE  
LEARNING  
IN SPORT

# Personal Training

Mark Ansell



# Personal Training Active Learning In Sport Series

**Dan Gordon**

## Personal Training Active Learning In Sport Series:

**Coaching Science** Dan Gordon,2009-04-27 Coaching is an increasingly important area of sports science courses and this text provides accessible and up to date coverage of this key topic Modern coaches need to be applied scientists who keep abreast of research and are able to apply a multidisciplinary understanding to their practice The book therefore examines coaching in terms of biomechanics physiology and psychology as well as perennial issues such as athlete motivation nutrition design of training programmes talent identification monitoring and ethics Written by an author who combines academic expertise with high level practical experience the book successfully links theory with case studies **Sport and Exercise**

**Psychology** Joanne Thatcher,Melissa Day,Rachel Rahman,2011-05-03 This is a comprehensive and accessible text on exercise and sport psychology for students on sport science sport and exercise science degrees It adopts an integrated thematic approach and covers all the required theory concepts and research accompanied by case studies to illustrate the applied nature of the material being covered The book is split into two major sections covering exercise psychology and sport psychology and each chapter supports students as they progress from clear introductory material to more advanced discussions

*Doing your Research Project in Sport* Chris Lynch,2010-05-20 The research project is a major component of most higher education sport courses While undertaking a research project can be an exciting and rewarding experience it can all too easily lead to stress and disappointment Mistakes made early in the process in the design of experiments for example can lead to frustration later on This accessible book guides students through the process from the initial stages of research identifying problems and designing questions right through to the presentation of their findings **Research**

**Methods in Sport** Mark F. Smith,2010-03-12 This book is a comprehensive resource for all those studying sport at college or university It covers qualitative and quantitative methods and explains what research is how to conduct a systematic review and how to select apply and combine research methods The reader is supported throughout by learning activities real life examples and advice on further study

*Sport in the UK* Leona Trimble,Babatunde Buraimo,Clint Godfrey,David Grecic,Sue Minten,2010-03-24 This is a comprehensive introduction for HE students to the provision organisation and governance of sport in the UK Supported by case study material it introduces the reader to key government policies and to the ways in which public private and voluntary sectors provide sporting opportunities The book focuses on issues of participation employment media coverage and commercialisation and critically examines them in light of the key themes of equality and diversity Pedagogical features learning outcomes and learning activities help students develop an active approach to the study of sport in the UK

*Critical Thinking for Sports Students* Emily Ryall,2010-04-26 A really useful textbook to help undergraduate students construct arguments in their writing and raise their writing abilities to a higher level The book also provides useful examples that relates to sports students Hassan Khalil Hertfordshire University A fantastic text and one we use regularly with undergraduate and postgraduates Abbe Brady Gloucestershire University The capacity to think critically is

essential for success in sport courses in higher education This book provides all those involved in the study of sport with the tools to assess construct and present arguments and to analyse and evaluate material The emphasis is on the application of critical thinking in the form of written arguments discussion and negotiation Throughout the text and examples are presented within the context of sport helping students to more easily apply their learning to their subject area

**Sport Sociology** Paul Beedie, Peter Craig, 2010-05-24 A welcome addition for those who teach sports studies Used as a primer this book provides readers with excellent introduction to the key sociological concepts methods and theories and also offers useful examples and contextualised discussions that beginners to the realm of sociology will no doubt appreciate Beedie has compiled for students a good companion text that could certainly be used in conjunction with more detailed books and to guide students through more complex academic texts Students have certainly appreciated Beedie s efforts to help them apply sociological rigour to analysing their sporting worlds identities and experiences Geoffrey Kohé Worcester University This should be highly useful for any sports studies students who are encountering the sociology of sport for the first time even those who have previously studied sociology Alison Cain Hertfordshire University Sociology is central to the study of sport in higher education This reader friendly textbook introduces all of the subject s core themes such as power diversity and mediation and relates them to major contemporary social issues such as commercialisation and globalisation Special emphasis is given throughout to examples drawn from the UK and to the significance of the 2012 Olympics Theoretical explanation is fully supported by case studies practical and reflective exercises and guidance on further study

**Sport Marketing** Paul Blakey, 2011-05-05 This is a highly accessible text that provides detailed coverage of the key concepts ideas principles and techniques of sport marketing It combines clear and concise explanations with applied case studies supported by clear objectives learning activities and points for reflection UK based examples are used throughout and the book successfully combines both theory and practice The field of sport marketing is an exciting and fast moving part of the sports industry that presents new challenges requiring innovative and effective solutions Engagement with sport marketing therefore equips students with valuable transferable skills necessary for all sport managers of the future

*The Basic Stuff in Action for Grades K-3* Elizabeth S. Bressan, 1987

**Soccer** Cooper Publishing Group, United States Soccer Federation, 1996

*Personal Training* Mark Ansell, 2008-05-27 This is a key text for all those on sport science courses It covers all the essential areas for a study of personal training including fitness testing nutrition psychology training principles health and fitness training in different contexts and business issues Students therefore gain all the required multi disciplinary knowledge with an understanding of how to apply this in practice Throughout the text theoretical explanation is supported by case studies practical and reflective exercises and guidance on further study

*Resources in education*, 1991

*Film and Video Finder*, 1997

**The British National Bibliography** Arthur James Wells, 2009

**Health and Physical Education** Shirley Ann Holt/Hale, Gene Ezell, Murray F. Mitchell, 2000

**Canadian Books in Print**, 1999

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**Health Education Journal** ,2006 Canada s magazine for physical and health educators      *Sport Bibliography* ,1983  
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