



Training in Sport: Applying Sports Science

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Training in Sport reviews important developments in sport science research and demonstrates how the latest sport science principles can be adapted to safely enhance the performance of an athlete or prospective athlete. While acknowledging the importance of 'raw athletic talent?', expert contributors from a variety of scientific disciplines discuss the components that can collectively contribute to high-level sport performance. These include:

The training of perceptual-motor skills

The development of a psychological approach to mental skills training

The analysis and development of technique

The development of physical capacities (strength, power, speed and flexibility).

Aerobic and anaerobic training

The accessible style and multi-disciplinary approach of Training in Sport will appeal to anyone interested in the development of sport skills, including sport scientists, coaches, athletes, and students of sport science, physical education, and health sciences.

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