



Key Concepts in Sport and Exercise Sciences (SAGE Key Concepts series)

David Kirk

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'A very useful introduction to the key concepts in five main areas of study in sport and exercise science. The multi-disciplinary nature of the book is particularly attractive as it means that it can be used to support students studying a range of sport and exercise courses and modules. Furthermore, the chapters are concise, informative, written in an accessible style, and provide a good balance between theory and application to practice, making it a very interesting and relevant read' - *Dr Lorraine Cale, Loughborough University*

This book provides students and scholars with a fail-safe guide to the key concepts in the field of Sport & Exercise Science. Intelligently cross-referenced entries provide a sound map of the multi-disciplinary demands of sport related courses including physical and biological sciences, social science and education. The entries use clear definitions, examples and suggestions for further reading to explore each discipline and are:

" Comprehensive

" Lucid

" Pertinent to study needs

" Practically relevant

David Kirk is Professor in Physical Education and Youth Sport

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