



## **Reflective Practice in the Sport and Exercise Sciences: Contemporary issues**

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# Reflective Practice in the Sport and Exercise Sciences: Contemporary issues

## Reflective Practice in the Sport and Exercise Sciences: Contemporary issues

Drawing on the experiences of scientists, researchers, practitioners and teachers in a wide range of sport and exercise settings, this book explores contemporary issues in reflective practice and considers the way that reflective practice impacts upon applied practice, on research methodology and on professional development. It includes chapters on the use of reflective practice in areas as diverse as:

- delivering coach education
- sport psychology support
- working in sports physiology
- developing young players in sport
- exercise-related interventions
- physiotherapy
- working inside a professional football club
- student skills and the physical activity and health curriculum

Based on multi-disciplinary work in education and the health sciences, and exploring the crucial interface between learning and practice, this book is important reading for all sport and exercise scientists and any professional working in sport and exercise looking to become more effective practitioners.

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