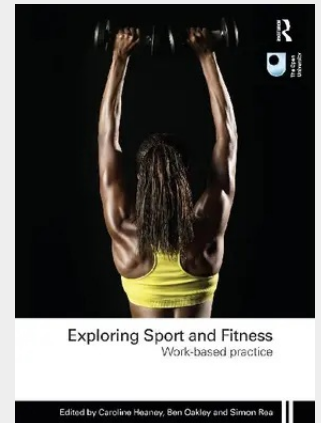


Exploring Sport and Fitness

Work-Based Practice

Exploring Sport and Fitness is a comprehensive guide to the development of essential professional and interpersonal skills in the sport, leisure and fitness sector. Designed to bridge the gap between the classroom and the workplace, the book introduces the fundamental principles of reflective practice in sport and fitness, and explains how students and professionals can develop their personal effectiveness and workplace performance. The book draws together important material from a wide range of academic and professional sources, including articles from leading experts in sport management, psychology and coaching, and explores key topics such as: - reflective practice - the importance of effective communication - motivation and Leadership - working in teams - working with customers - learning and instructional frameworks for coaches and instructors - organizational cultures in sport and fitness Exploring Sport and Fitness is essential reading for all students of sport, leisure and fitness management, sports coaching or sports development, and for all sport and fitness professionals looking to improve their performance and practice.

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