

Racing The Sunset An Athletes Quest For Life After Sport

Life After Sport When the World Stops Watching Wellbeing and quality of life in elite sports: Towards evidence-based approaches for psychological health promotion and proactive support Exercise and Well-Being after High-Performance Sport Women in Sports Making the Connection The Athlete After Sport Cyberpsychology Sport Development in the United States Inside Sports Diversity, Equity, and Inclusion in Sport Athletic Development The Sociology of Sports Navigating Athletic Identity, Retirement Transitions, and Self-Discovery Managing High Performance Sport Living out of Bounds Sport and Psychosocial Health/Well-being After the COVID-19 Lockdown The New Psychology of Sport and Exercise Beyond the Chalk Box Foundations of Sports Coaching Rhonda Clarke Damian Lawlor Carolina Lundqvist Luke Jones Adrienne N. Milner Eddie Comeaux Katie Hargrave Olivia A. Hurley Peter Smolianov Jay Coakley Ellen J. Staurowsky Caroline Heaney Tim Delaney Gary Senecal Popi Sotiriadou Steven J. Overman Amy Chan Hyung Kim S Alexander Haslam Theresa Kathryn Kulikowski Ashley Gill

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as every sportsperson knows the dream can't go on forever after years of dedication sacrifice and single minded obsession to get to the top one day it all has to end when the world stops watching tells the real inside stories of what happened next for sixteen Irish sports stars as they faced the brand new challenges of normal life from the highs of

grand slam rugby world cup football the olympic games european tour golf and gaa stardom these born competitors recount the seismic aftershocks of retirement and the effect it had on them both physically and mentally the lives of sporting icons can change overnight this is a searingly honest and compelling account of what life is really like after the game featuring tommy bowe paul carberry kevin doyle paul flynn trevor hogan marcus horan paul mcgee gary murphy grÁinne murphy donncha o callaghan darren o neill sonia o sullivan lindsay peat niall quinn shane supple nikki symmons

exercise and well being after high performance sport explores whether high performance athletes have healthy and prosperous relationships with exercise and well being after retirement from elite sports this edited collection is the first of its kind to bring together sociologically informed accounts from former high performance athletes about their retirement experiences and post sporting careers the chapters combine creative narrative writing and social theory to frame the experiences of exercise and well being after retirement from high performance sport written by former high performance athletes who are now socio cultural sports scholars the authors explore how retiring from elite sport impacted their relationship to exercise and physical activity identity and long term mental health this book is key reading for graduate and postgraduate students as well as academics and researchers interested in sports retirement experiences sport sociology mental health and well being

covering a breadth of topics surrounding the current state of women in sports this two volume collection taps current events sociological and feminist theory and recent research to contextualize women s experiences in sports within a patriarchal society and highlight areas for improvement women are continuing to break barriers in all aspects of sports and a growing number of people are beginning to recognize sex disparities in sports as a social problem additionally women s inclusion and exclusion in sports and their equitable and inequitable treatment on the playing field have large scale social legal health and economic consequences women in sports breaking barriers facing obstacles comprehensively examines the state of women in sports by considering current events controversies and trends as well as qualitative and quantitative research the contributors to this volume take a sociological approach to discussing women in sports by questioning dominant assumptions surrounding notions of women s biological athletic inferiority and by examining other social constructs that affect women s experiences in sports such as race and ethnicity socioeconomic status and sexual orientation the book offers a complete and up to date account of women s experiences in sports through coverage of the history of women s participation in sports with a focus on exceptional female

athletes and of the increasing number of women who are competing in traditionally male sports such as football baseball and mixed martial arts readers will come away with a greater appreciation for the issues of equity that women face both within the world of sports and in society in general

making the connection data informed practices in academic support centers for college athletes is practical and ideal for those who seek to use research to inform their individual and organizational practices this volume is primarily intended for upper level undergraduate and graduate students though scholars researchers teachers practitioners coaches athletics administrators and advocates of intercollegiate athletics will also find it useful it comprises a series of chapters that cover a wide range of evidence based approaches designed to enhance the practices of those who work closely with college athletes given the breadth of the field overall this single volume is not exhaustive but the current concerns challenges and themes of relevance to higher education researchers practitioners and others are well addressed the intent of the text is to spark conversation about how college and university constituents can reframe their thinking about the importance of innovative research to careful informed practice likewise the contributors hope that it will inspire greater awareness and action among practitioners as well as advance scholarship in the area of athletics each chapter includes current research and in some cases theoretical perspectives which should assist practitioners enhance the well being of college athletes each chapter also offers guided discussion questions that are ideal for use as the basis of further conversation in the classroom setting adopters of this text will benefit from leading voices in the field who delve into complex issues shedding new light and presenting unique opportunities for understanding a diversity of perspectives on evidence based practices in support centers for athletes in all this volume provides a rich portrait of data driven practices designed to assist practitioners and others who work closely with college athletes and lays the groundwork for an ambitious and long overdue agenda to further develop innovative research that informs the practices of athletics stakeholders and improves the quality of experiences for college athletes

they say an athlete dies twice the first being when they retire there is no doubt that the termination of a career in sports is a significant time in an athlete s life holistic health coach and personal trainer katie hargrave explains how to adjust to the transition out of sports through food body and mind learn how and what you should be eating what type of exercise is good for your post sport body how to channel your strengths as an athlete into your career and how to create your personalized transition plan in a workbook geared to guide you through

your individual needs

sport cyberpsychology is the first book devoted to assessing the influence of technology on human interaction behaviour and mental health in a sport context gathering research on the use of technology and the internet by athletes coaches and sport science support staff the book identifies the potential impact of technology on athletes mental preparation for competition as well as the role of technology in improving performance it explores the use of technology by athletes and sport organisations for social interaction while also considering the darker side of athletes internet use it covers topics including the role of gps gaming and virtual reality in training and injury recovery the use of social media by athletes and sport organisations the psychology of self presentation and brand management as well as issues of online privacy the use of technology by other elite groups such as military and medical personnel and non elite sportspeople cyberbullying and online harassment of athletes online gambling and athletes mental health in relation to their online activities virtual learning environments and the educational opportunities the online world can offer athletes accessibly written with a companion website featuring lecture slides reading lists video links and suggested social media accounts sport cyberpsychology offers a complete resource for students and instructors alike it is important reading for any students of sport psychology sport coaching or sport media as well as coaches athletes and sport science support staff

the development of both elite high performance sport and mass participation grassroots level sport are central concerns for governments and sports governing bodies this important new study is the first to closely examine the challenges and opportunities for sports development in the united states a global sporting giant with a unique market driven sporting landscape presenting an innovative model of integrated sports development the book explores the inter relationship between elite and mass sport across history drawing on comparative international examples from australia to the former ussr and eastern bloc countries at the heart of the book is an in depth empirical study of three traditional and emerging sports in the us tennis soccer and rugby that offer important lessons on the development of elite sport methods for increasing participation and the establishment of new sports in new markets no other book has attempted to model sports development in the united states in such depth before therefore this should be essential reading for all students researchers administrators or policy makers with an interest in sports development sports management sports policy or comparative international sport studies

this is a unique collection of personal stories of people involved in

sport four main sections are covered being introduced to sports becoming an athlete doing sports and life beyond the playing field

diversity equity and inclusion in sport delivers a comprehensive view of dei issues in sport organizations readers will understand key areas that affect sport administration and will develop the skills to implement best practices and lead an equitable and diverse sport environment

athletic development a psychological perspective is an examination of the psychological factors that help or hinder the development of participants in sport this includes influences such as families coach athlete interactions and transitional episodes on an individual s pathway in sport this edited collection of topical chapters shines a unique psychological perspective on the athlete s development through sport it explores a range of contemporary themes that influence athlete s development including an introduction to athletic development which orientates a holistic psychological perspective of the athletic development process social influences on athletic development which explores the impact of varied social influences e g coach family peers school on sports participation and performance from a psychological perspective athlete wellbeing which explores various aspects influencing mental health and welfare as an athlete progresses through their sports career the book combines key theory with illustrative case studies to analyse the complexities of athletic development it takes a critical perspective highlighting some of the debates and controversies in these areas and uses spotlight boxes in each chapter to focus on questions or topics of particular interest athletic development a psychological perspective is a key reader for all students in the fields of sport and exercise psychology sport coaching and related sport science subjects

this third edition takes a fresh approach to the study of sport presenting key concepts such as socialization race ethnicity gender economics religion politics deviance violence school sports and sportsmanship while providing a critical examination of athletics this text also highlights many of sports positive features this new edition includes significantly updated statistics data and information along with updated popular culture references and real world examples newly explored is the impact of several major world events that have left lasting effects on the sports realm including a global pandemic sars cov 2 or covid 19 and social movements like black lives matter and me too another new topic is the pay for play movement wherein college athletes demanded greater compensation and at the very least the right to profit from their own names images and likenesses

there appears to be a gap in the literature when it comes to examining the role that grief and loss might play while athletes undergo the

reconstruction of their identity post sport navigating athletic identity retirement transitions and self discovery exiting the arena investigates the long and often studied concept of identity in athletes from the perspective of transitioning identity as a potential form of loss ultimately we posit that identity transition should also be understood as a form of identity loss and research conceptualizing the grieving process that athletes experience in that transition should be studied more deeply

how can managers design and implement effective high performance programmes in sport what are the key challenges in managing elite athletes sports people and teams this is the first book to provide a comprehensive introduction to management practice process and policy in elite and high performance sport hps drawing on real world case studies of elite sport around the world the book shows a conceptual framework for studying and analysing high performance sport and introduces the skills and techniques that managers and administrators will need to develop effective hps programmes the book examines the macro level factors that determine a nation s sporting success including political social and cultural elements and then moves on to unpack the specifics of elite athlete and team management at a micro level adopting an integrated holistic approach throughout the book highlights best practice in every key area of an hps programme including defining performance and success organizational structure and leadership finance funding and marketing coaching and coach development talent identification and development competition and events training and facilities scientific research and sport science support the book features contributions from world leading sport management academics as well as practitioners with experience of managing hps programmes at world and olympic level each chapter includes a full range of useful features such as summaries case studies review questions and guides to further reading this is essential reading for all serious students and professionals working in sport management or high performance sport

despite some enormous differences in salary among professional athletes most aspects of their daily lives remain surprisingly constant across sports and income levels in living out of bounds author steven j overman mines a wide array of sports biographies autobiographies memoirs and diaries to construct a representative picture of the athlete s life in the course of the work a portrait emerges that transcends the individual lives lived the shared experiences of devoted training of travel and hotels and of tension within and beyond the clubhouse or gym force us to appreciate the often oppressive reality of the sporting life at the same time that the individual lives lived also provide us with a glimpse of the rewards that make sports so compelling to audiences and athletes across america

the roger federer the steffi graf the usain bolt of all books about the psychology of sport packed with insight and wisdom brian viner sports writer and author of pelé ali lillie and me this is the first textbook to explore and explain the contribution of social groups and social identity to all aspects of sports and exercise from leadership motivation and communication to mental health teamwork and fan behaviour in the context of increasing recognition of the importance of group processes for athletic performance engagement in exercise and the business of sport this book offers a new way of understanding researching and practicing sport and exercise psychology written by an international team of researchers at the cutting edge of efforts to apply social identity principles to the world of sport and exercise this will be an essential resource for students teachers and practitioners who are keen to be at the forefront of thinking and practice

embark on a unique journey into the realm of elite gymnastics with the unfiltered and heartfelt interviews presented in beyond the chalk box this exceptional book not only uncovers the challenges and triumphs of former elite gymnasts but also provides an authentic and unvarnished depiction of life in high level competition from the exhilarating highs of victory to the crushing lows of injury and retirement these athletes share their personal journeys with unflinching honesty their resilience in the face of adversity is a testament to the human spirit inspiring readers to overcome their own challenges through their stories readers gain insight into the intense pressures of elite competition and its profound impact on athletes lives beyond the chalk box is not just a chronicle of athletic accomplishments it s a valuable resource for athletes shedding light on the often neglected aspects of athlete well being it underscores the significance of a comprehensive approach to health longevity and joy in sports the book explores tools such as mindfulness spirituality self compassion visualization and introspection providing practical insights on how athletes can navigate the intricacies of their sport and cultivate resilience in the face of challenges beyond the chalk box is more than a compilation of interviews it is a powerful catalyst for understanding and connection within the elite gymnastics community it underscores the strong sense of support and camaraderie that permeates among athletes by sharing their stories these athletes not only invite readers to deepen their empathy but also to broaden their perspectives on the realities of elite competition moreover the book stimulates deep reflection on how to better support athletes both during their careers and as they transition out of sport so they can thrive physically mentally and emotionally whether you re a gymnastics enthusiast an athlete grappling with the challenges of competition or someone seeking inspiration and insight beyond the chalk box offers a captivating journey into the heart and soul of elite gymnastics

now in a fully revised and updated second edition foundations of sports coaching is a comprehensive and engaging introduction to the practical vocational and scientific principles that underpin the sports coaching process it provides the reader with all the skills knowledge and scientific background they will need to prepare athletes and sports people technically tactically physically and mentally with practical coaching tips techniques and tactics highlighted throughout the book covers all the key components of a foundation course in sports coaching including the development of sports coaching as a profession coaching styles and technique planning and management basic principles of anatomy physiology biomechanics and psychology fundamentals of training and fitness performance analysis reflective practice in coaching this second edition features more case studies from real top level sport including football basketball and athletics helping the student to understand how to apply their knowledge in practice and providing useful material for classroom discussion the book also includes a greater range of international examples more references to contemporary research and a stronger evidence base and new questions in each chapter to encourage the student to reflect upon their own coaching practice foundations of sports coaching bridges the gap between theory and applied practice and is essential reading for all introductory coaching courses and for any sports coach looking to develop their professional expertise

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