



Practical Skills in Sport and Exercise Science: An Interdisciplinary Approach

Mark Smith

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Whether working with elite athletes or devising exercise programmes for patient groups, sport and exercise scientists have to have a sound grasp of the interdisciplinary nature of their work. Interdisciplinary practice, drawing on the core disciplines of physiology, psychology and biomechanics, can answer questions, solve problems or explain issues that may be too broad or complex to be dealt with adequately within a single discipline. *Practical Skills in Sport and Exercise Science* is the first textbook to introduce the core skills, practical procedures, protocols and techniques in sport and exercise science from an interdisciplinary perspective, and to fully explain how connections are made between different areas of sport and exercise in research and practice.

The first section of the book offers step-by-step guides to key lab and field techniques in physiology, psychology and biomechanics, with an evidence-based scientific rationale provided for each technique, as well as a full explanation of the professional, real-world context in which that technique would be used. The second section of the book provides a broad range of case-studies and examples of interdisciplinary working in action, in the context of both performance sport and physical activity and health, providing an invaluable resource sport and exercise students engaged in problem-based learning and investigation. The book also introduces the full range of generic skills, from dealing with health and safety to pre-assessment protocols, that sport and exercise students will find invaluable in later professional life. *Practical Skills in Sport and Exercise Science* is the perfect companion to any laboratory, practical or research methods course taken as part of a degree programme in sport and exercise science.

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