



Science in Elite Sport

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Science in Elite Sport

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Science in Elite Sport brings together experts from around the world with the aim of furthering collaboration between athletes and scientists working in the field of training in sport. Each chapter gets theory (sport science) with practice (training and performance) in order to demonstrate the impact science can have on performance at the elite level. Examples are given from key sports and in the context of specific countries within Europe. This book will be of great value to any one studying sport science degree with the aim of entering into coaching or training. It will also be a key resource for those already involved in the implementation of coaching strategies at the elite level and also for athletes themselves.

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