

## Research and Practice in Sports Coaching: A critical realist approach (Routledge Research in Sports Coaching)



Research shapes our understanding of practice in powerful and important ways, in sports coaching as in any other discipline. In this innovative new book, leading coaching researchers explore the philosophical foundations of coaching research, examining the embedded links between policy, practice and the research process, and arguing that the meta-theoretical assumptions of traditional single-disciplinary accounts, such as those based in psychology or sociology, risk over-simplifying our understanding of what coaching is and how it is practiced. The book puts forward an alternative framework for sports coaching research based on critical realist theory. This multi-layered, integrative and relational conception of coaching practice sits between psychological scientism and sociological interpretivism, and opens up new ways of thinking about coaching knowledge. Drawing on new empirical research, including in-depth case studies of the design of international coach education programs and player development in sports as diverse as canoe slalom and rugby, the book demonstrates vividly how a critical realism-informed approach to coaching research can better capture the realities of coaching and lead to more effective research design, coach education policies, and applied coaching practice. Research and Practice in Sports Coaching is fascinating reading for any advanced student or researcher working in sports coaching, the philosophy or sociology of sport, or research methodology in sport and exercise.

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