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ADVENTURE SPORTS COACHING (PAPERBACK)



Taylor Francis Ltd, United Kingdom, 2015. Paperback. Condition: New. Language: English. Brand New Book. Coaching adventure sports is part of the core work of many adventure educators but has been largely neglected in the adventure studies literature. This is the first book to link contemporary sports coaching science with adventure sports practice. It examines the unique set of challenges faced by adventure sports coaches, such as the dynamic natural environment and the requirement to train athletes to levels of...

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