



Achieving Excellence in High Performance Sport: Experiences and Skills Behind the Medals

Tim Kyndt, Sarah Rowell

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What does it take for a person starting out in their career to succeed in a highly challenging environment? Apart from the technical skills, what are the key values, attitudes and behaviours that deliver outstanding performance in a constantly changing and demanding world?

This book examines these questions within the demanding world of elite sport, a stage that places arduous pressures not only on the dedicated athletes, but also on the backstage talent of coaches, scientists and medical support staff.

With case studies and interviews

throughout, this book provides

students with a practical analysis of the personal strengths, determination and interpersonal skills required to reach the top. The book also contains

practical guidance for students wishing to begin a career in elite sports,

including further reading, websites and contact details of organisations at this elite level.



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