

SPORTS, EXERCISE AND HEALTH SCIENCE

KEY THEMES

Goodwin

EXERCISE PHYSIOLOGY AND NUTRITION OF THE HUMAN BODY

COMMUNICATION

TOPICS

HYDRATION AND NUTRITION

RESPONSE

HOW DOES OUR BODY RESPOND TO CHANGES IN LIFESTYLE, ENVIRONMENT AND QUALITIES OF TRAINING?

BIOMECHANICS

GENERATING MOVEMENT IN THE BODY

TOPICS

FORCES, MOTION AND MOVEMENT

INJURY

WHAT ARE THE PRIMARY CAUSES OF MUSCOSKELETAL INJURY?

HOW CAN THEY BE TREATED?

SPORTS PSYCHOLOGY AND MOTOR LEARNING

INDIVIDUAL DIFFERENCES

TOPICS

MOTOR LEARNING

MOTIVATION

STRESS AND COPING

PSYCHOLOGICAL SKILLS

WHAT CHARACTERISTICS EXPLAIN HOW AND WHY SOME INDIVIDUALS SUCCEED AND EXPERIENCE WELL-BEING IN SPORT AND HEALTH CONTEXTS MORE THAN OTHERS?