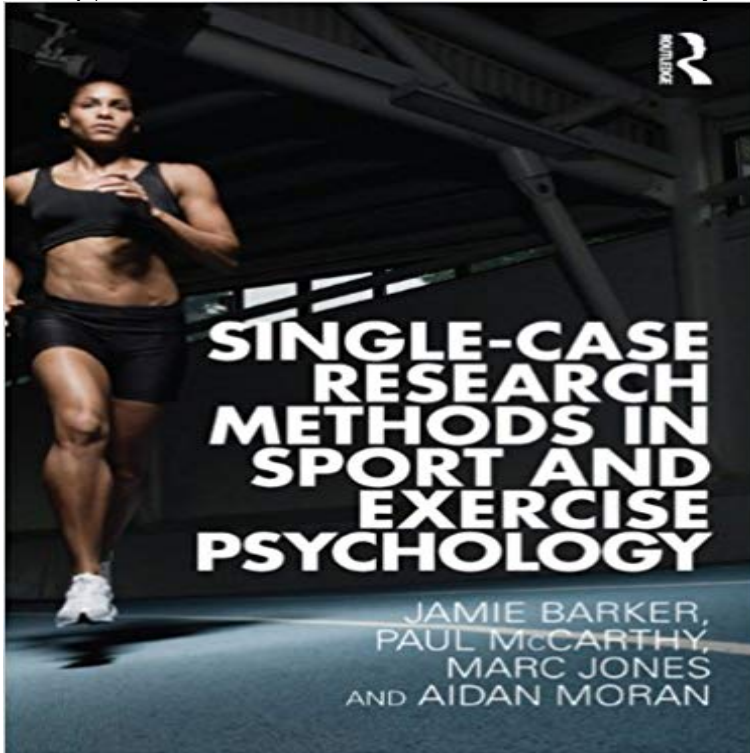


Single-Case Research Methods in Sport and Exercise Psychology



What is single-case research? How can single-case methods be used within sport and exercise? Single-case research is a powerful method for examining change in outcome variables such as behaviour, performance and psychological constructs, and for assessing the efficacy of interventions. It has innumerable uses within the context of sport and exercise science, such as in the development of more effective performance techniques for athletes and sportspeople and in helping us to better understand exercise behaviours in clinical populations. However, the fundamental principles and techniques of single-case research have not always been clearly understood by students and researchers working in these fields. *Single-Case Research Methods in Sport and Exercise Psychology* is the first book to fully explain single-case research in the context of sport and exercise. Starting with first principles, the book offers a comprehensive introduction to the single-case research process, from study design to data analysis and presentation. Including case studies and examples from across sport and exercise psychology, the book provides practical guidance for students and researchers and demonstrates the advantages and common pitfalls of single-case research for anybody working in applied or behavioural science in a sport or exercise setting.

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