



## Study Skills for Sports Studies

*Tara Magdalinski*

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Starting university can be a daunting prospect, as students come to grips with new ways of working, learning and thinking. Studying sport at university poses particular challenges, with students often engaged in playing or coaching sport alongside their studies and having unconventional working patterns.

*Study Skills for Sport Studies* is the only complete guide to degree-level study to be written specifically for students on sport-related courses, outlining the core academic competencies needed to succeed at university. The textbook offers tips and techniques for all aspects of higher education, including time management, critical thinking, academic research and writing, e-learning, presentations, group work and exams. The practical processes are supported by sports-related examples, and each chapter ends with useful exercises to test your skills as well as reflect on your prior learning experiences. Designed as either a self-paced text or a companion to an introductory class, *Study Skills for Sports Studies* demystifies the academic skills needed to succeed and helps you make the most of your time at university.



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