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## EXPLORING SPORT AND FITNESS: WORK-BASED PRACTICE



Exploring Sport and Fitness  
Work-based practice

Edited by Caroline Stearns, Ben Dobbie and Simon Ross

Taylor Francis Ltd, United Kingdom, 2009. Paperback. Book Condition: New. 242 x 172 mm. Language: English . Brand New Book. Exploring Sport and Fitness is a comprehensive guide to the development of essential professional and interpersonal skills in the sport, leisure and fitness sector. Designed to bridge the gap between the classroom and the workplace, the book introduces the fundamental principles of reflective practice in sport and fitness, and explains how students and professionals can develop their personal effectiveness and...

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