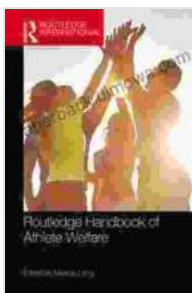


The Routledge Handbook of Athlete Welfare: Protecting and Empowering Athletes in the 21st Century

The modern sporting landscape is constantly evolving, with athletes facing unprecedented challenges and pressures. The Routledge Handbook of Athlete Welfare provides a comprehensive overview of the key issues and challenges facing athlete welfare today, offering valuable insights for researchers, practitioners, and policymakers.



Routledge Handbook of Athlete Welfare (Routledge International Handbooks) by Veronica Blade

★★★★☆ 4.6 out of 5

Language : English
File size : 4226 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 438 pages



This landmark volume brings together leading experts in the field to explore the latest research and best practices in athlete welfare, including:

- The physical and mental health of athletes
- Athlete safety and injury prevention
- Safeguarding athletes from abuse, exploitation, and harassment

- Athletes' rights and responsibilities
- The role of parents, coaches, and other stakeholders in athlete welfare

The Routledge Handbook of Athlete Welfare is an essential resource for anyone involved in the care and support of athletes. It is a must-have for researchers, practitioners, policymakers, and anyone committed to protecting and empowering athletes.

Key Features

- **Comprehensive coverage of athlete welfare issues:** The handbook covers a wide range of topics, including the physical and mental health of athletes, athlete safety and injury prevention, safeguarding athletes from abuse, exploitation, and harassment, athletes' rights and responsibilities, and the role of parents, coaches, and other stakeholders in athlete welfare.
- **Expert insights from leading researchers and practitioners:** The handbook features contributions from leading experts in the field, offering valuable insights and best practices for athlete welfare.
- **Real-world case studies and examples:** The handbook includes real-world case studies and examples to illustrate the key issues and challenges in athlete welfare.
- **Practical recommendations for safeguarding athletes:** The handbook provides practical recommendations for safeguarding athletes, including how to create a safe and supportive environment, how to respond to allegations of abuse, and how to provide support to athletes who have been affected by abuse or exploitation.

- **A global perspective on athlete welfare:** The handbook takes a global perspective on athlete welfare, exploring the challenges facing athletes in different countries and cultures.

Target Audience

The Routledge Handbook of Athlete Welfare is intended for a wide range of readers, including:

- Researchers in the fields of sports psychology, sports law, and athlete welfare
- Practitioners working with athletes, such as coaches, athletic trainers, and sports psychologists
- Policymakers responsible for developing and implementing policies to protect athlete welfare
- Parents and guardians of athletes
- Athletes themselves

About the Editors

The Routledge Handbook of Athlete Welfare is edited by a team of leading experts in the field, including:

- **Professor Mike Hartill** is a Professor of Sport and Exercise Psychology at Edge Hill University, UK. He is a leading expert in the field of athlete welfare, with a particular focus on the mental health and well-being of athletes.
- **Dr. Sarah Stewart** is a Senior Lecturer in Sport and Exercise Psychology at the University of Central Lancashire, UK. She is a

leading expert in the field of athlete safeguarding, with a particular focus on the prevention of abuse and exploitation in sport.

- **Professor Stephen W. Fraser** is a Professor of Law at the University of Huddersfield, UK. He is a leading expert in the field of sports law, with a particular focus on the rights and responsibilities of athletes.

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The Routledge Handbook of Athlete Welfare is divided into five parts, each of which covers a key aspect of athlete welfare:

1. Part 1: The Physical and Mental Health of Athletes

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- Chapter 3: Nutrition for Athletes
- Chapter 4: Doping in Sport

2. Part 2: Athlete Safety and Injury Prevention

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Reviews

"The Routledge Handbook of Athlete Welfare is a must-have resource for anyone involved in the care and support of athletes. It is a comprehensive and authoritative guide to the key issues and challenges facing athlete welfare today." - **Professor David Lavalley, University of North Carolina at Chapel Hill**

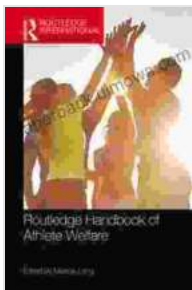
"This handbook is a valuable contribution to the field of athlete welfare. It provides a comprehensive overview of the key issues and challenges facing athletes today, and offers practical recommendations for

safeguarding and empowering athletes." - **Dr. Joanna Harper, Loughborough University**

"The Routledge Handbook of Athlete Welfare is an essential resource for researchers, practitioners, policymakers, and anyone committed to protecting and empowering athletes." - **Dr. Mike Loosemore, University of Bedfordshire**

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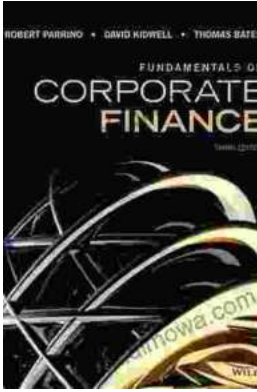


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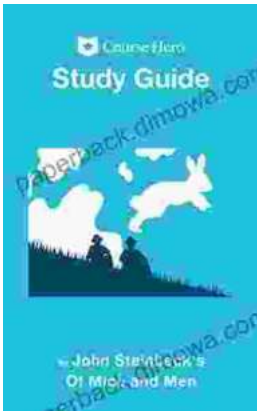
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