



Adherence Issues in Sport and Exercise

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Adherence Issues in Sport and Exercise pulls together a wide range of current adherence themes to provide an overview of the many different theoretical approaches currently being used. Each chapter provides a theoretical framework and a range of practical implications for professionals. Written by eminent experts from Europe and North America, they discuss how adherence is affected by a wide variety of personal, situational, and programme variables.

This volume is essential reading for sport and exercise psychologists, exercise and health researchers and students of health studies, sport science, physical education, leisure studies and psychology.

"This text will be an excellent resource for scholars and practitioners regarding the latest research on adherence issues within sport and exercise settings. With contributions from leading experts around the world, Steve Bull has pulled together a comprehensive and inclusive review of predictors of adherence behaviours in the broadest sense." Professor Joan L. Duda, University of Birmingham

"This is a well-written and informative book of value to all in the field of promotion of exercise for health improvement." Selwyn Richards, Psychological Medicine, 2000, Vol 30

"Steve Bull has ably assembled a broad-based book, designed to expand research and application to new areas in exercise and sport." From the foreword by Rod K. Dishman

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