

# Reviews - apps and books



**App Name:** Cooking for Sport and Exercise  
**App Developer:** Coventry University  
**App Cost:** £4.99  
**Download at:** iTunes  
**Devices:** iPhone, iTouch, iPad

There is a new sports nutrition-focused app available to download called *Cooking for Exercise*. Developed by Dr Ricardo Costa at Coventry University, this app features 62 recipes designed to fuel athletes for training, competition or recreational exercise. Each recipe features a full nutritional breakdown, which may be particularly useful for those engaged in weight-dependent sports. Amongst other useful functions are short videos educating users on the significance of main nutrients for sport and exercise performance, a diet log, a training log, the ability to produce a shopping list and an option to create new recipes that can be stored on the individual's device.

In summary, this is a superb app that may be of benefit to elite and recreational athletes alike, or even those with an interest in healthy eating. However, the £4.99 may prevent some from benefitting from this useful tool. - SARAH BROWNE, GSK HUMAN PERFORMANCE LABORATORY

**Rating 8/10**



## **Beyond Training - Mastering Endurance, Training and Life**

Greenfield, B. (2014)

**Victory Belt Publishing.**

*Hardback available for £10.24 and Kindle version available for £6.99 from [www.amazon.co.uk](http://www.amazon.co.uk).*

Greenfield is a sport science and exercise physiology graduate, a decorated personal trainer and an Ironman triathlete. What his credentials don't indicate, although his presence on social media might, is his ability to engage the reader and apply a wealth of scientific information to the topic of health and sporting performance. *Beyond Training* is a practical book that aims to educate the athlete on how to apply the complex principles underlying endurance training to aid performance. The book is broken down into five sections: Fitness, Recovery, Nutrition, Lifestyle, and the Brain. The opening premise suggests that endurance athletes are unhealthy: "We tear-up, trash and tank our bodies for the sake of enhancing endurance, while sacrificing our health and life." What follows is an insight into novel training methods such as overspeeding training, underspeed training, electrical stimulation, restricted breathing, cold thermogenesis, heat and isometrics. A fantastic chapter entitled: "Twenty-six ways to recover from workouts" informs the reader of how to identify and recover from overtraining and burnout. The book outlines a somewhat unconventional approach to training that currently divides the elite Ironman field. However, it is intended to be an accessible resource to a range of training-obsessed endurance athletes (many of which he has tested on himself). This is a good book that I would recommend to students and colleagues as it covers a wide range of topics that would be useful for the sport scientist, coach and athlete alike. - DR OWEN JEFFRIES, ST. MARY'S UNIVERSITY

**Rating 9/10**



## **Becoming a Sport, Exercise, and Performance Psychology Professional: A Global Perspective**

Gualberto Cremades, J. & Tashman, L.S. (2014)  
**Routledge**

*Hardback available for £85.00, Paperback available for £21.24 and Kindle version available for £17.42 from [www.amazon.co.uk](http://www.amazon.co.uk)*

I eagerly awaited the arrival of Gualberto Cremades and Tashman's *Becoming a Sport, Exercise, and Performance Psychology Professional: A Global Perspective*, as the marketing material promised contributions from an impressive collection of international experts and novices practising in this field, covering topics that have, to date, received little attention. It's fair to say that I wasn't disappointed. This publication was everything it was made out to be, and more. This book provides a comprehensive account of the training and supervision needed to work in the field of sport, exercise and performance psychology, whilst outlining the similarities and differences in the approach from practitioners around the globe. Of particular interest to me were the chapters on *incorporating technology into your practice* where the ethics of the use of tools such as Skype and social media are discussed and *setting up a business in sport and performance psychology*; subjects rarely covered in any detail elsewhere. Furthermore, I enjoyed the content that featured lessons learned from working with the military and performers from the arts. Above all, the key message of cultural competence resounded throughout, and the call for a more consistent international approach as the profession becomes ever more globalised. - CLAIRE-MARIE ROBERTS, BOOK AND RESOURCE EDITOR, THE SPORT AND EXERCISE SCIENTIST

**Rating 9/10**

## **USEFUL RESOURCES:**



### **Virtual Special Issue of Qualitative Research in Sport, Exercise and Health**

Smith, B., Bundon, A. & Williams, T.L. (2014)  
**Routledge**

*Includes free-to-download Open Access articles using this link:*

[http://explore.tandfonline.com/page/pgas/qrs?utm\\_source=Website&utm\\_medium=CMS&utm\\_campaign=SBU3\\_GLW\\_4MX\\_8cm\\_6SPO\\_brettsmith](http://explore.tandfonline.com/page/pgas/qrs?utm_source=Website&utm_medium=CMS&utm_campaign=SBU3_GLW_4MX_8cm_6SPO_brettsmith)

To mark the 4th International Conference on Qualitative Research in Sport, Exercise and Health (QRSEH) held at Loughborough University at the beginning of September, Routledge have selected a sample of current research articles and made them open access. The selected articles showcase the use of a wide range of qualitative methods in the sport, exercise and health domains including discursive psychology, narrative inquiry, discourse studies, ethnography, case studies, phenomenology, grounded theory, and critical inquiry. As students and researchers are now expected to have a working knowledge of qualitative research methods, these resources could be some of the most useful examples of some of the diverse analytical techniques currently available.

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