



Faculty of Arts and Social Sciences
Sports Science

Course Reading

Holistic Sports and Health Coaching

Valid from 01/17/2022

Course Code: IDAM03

Course Title: Holistic Sports and Health
Coaching

Credits: 7.5

Degree Level: Master's level

Books

Gilbert, W. (2017). *Coaching better every season: A year-round system for athlete development and program success*. Champaign, IL : Human Kinetics Antal sidor: 411

Potrac, P., Gilbert, W., & Denison, J. (2015). *Potrac, P., Gilbert, W., & Denison, J (2015). Routledge Handbook of Sports Coaching*. New York: Routledge Antal sidor: 411

Articles

Arthur, C. A., Bastardoz, N., & Eklund, R. (2017). Transformational leadership in sport: Current status and future directions. *Current Opinion in Psychology, 16*, p. 78-83

Cassidy, T. (2013). Holistic sports coaching: A critical essay. *Routledge handbook of sports coaching*, p. 172-183

Diment, G., Henriksen, K., & Larsen, C. H. (2020). Team Denmark's sport psychology professional philosophy 2.0. *Scandinavian Journal of Sport and Exercise Psychology, 2*, p. 26-32

Friesen, A., & Orlick, T. (2011). Holistic sport psychology: Investigating the roles, operating standards, and intervention goals and strategies of holistic consultants. *Journal of Excellence, 14* (1)

Henriksen, K., Stambulova, N., & Roessler, K. K. (2010). Holistic approach to athletic talent development environments: A successful sailing milieu. *Psychology of Sport and Exercise, 11* (3), p. 212-222

Larsen, C. H., Alfermann, D., Henriksen, K., & Christensen, M. K. (2013). Successful talent development in soccer: The characteristics of the environment. *Sport, Exercise, and Performance Psychology*, 2 (3), p. 190

Turnnidge, J., & Côté, J. (2018). Applying transformational leadership theory to coaching research in youth sport: A systematic literature review. *International Journal of Sport and Exercise Psychology*, 16 (3), p. 327-342

Whitley, M. A., Gould, D., Wright, E. M., & Hayden, L. A. (2018). Barriers to holistic coaching for positive youth development in South Africa. *International Journal of Sport and Exercise Psychology*, 7 (2), p. 171-189

Approved by the Faculty Board of Arts and Social Sciences 09/06/2021