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Sommario/riassunto	What is single-case research? How can single-case methods be used within sport and exercise? Single-case research is a powerful method for examining change in outcome variables such as behaviour, performance and psychological constructs, and for assessing the efficacy of interventions. It has innumerable uses within the context of

sport and exercise science, such as in the development of more effective performance techniques for athletes and sportspeople and in helping us to better understand exercise behaviours in clinical populations. However, the fundamental prin
