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<b>Nota di contenuto</b>	1. Welcome to university: settling in and getting started -- What does it Mean to Study Sport at University? -- Transitioning from School to University -- Roles and Responsibilities -- Time Management -- 2. Learning and thinking: what and how to know -- How do We Know? -- Becoming an Independent Learner -- Learning Styles -- Knowing How to Know -- A Brief Introduction to Research -- Critical Thinking -- 3. Making sense of lectures: listening in class and taking notes -- Purpose of a Lecture -- Structure of a Lecture -- Note Taking -- Before the

Lecture -- During the Lecture -- After the Lecture -- 4. Starting assignments: breaking down questions and effective research -- What is Research? -- Dissemination of Research -- Other Sources of Information -- The Importance of Academic Research -- Starting an Assignment -- Searching the Library -- Filtering Search Results -- 5. Learning to read: understanding academic readings and research -- Structure of Academic Research Papers -- How to 'Read' a Research Paper -- Note Taking -- 6. Academic writing: how to write research essays -- Academic Writing -- Writing Research Assignments -- Editing and Proofreading -- 7. Academic writing: how to write reports -- Structure and Format -- Presentation -- Figures and Tables -- 8. Academic writing: incorporating evidence and avoiding plagiarism -- Incorporating Evidence -- Direct Quotes -- Referencing -- Plagiarism -- 9. Academic writing: digital forms and reflective practices -- Reflective Writing -- Online Writing -- 10. Collaborative learning: working as a team -- Why Work in Groups? -- Different Types of Group Work -- Selecting Groups -- Consolidating Groups -- Starting the Project -- Assessment -- Working in Virtual Groups -- When it All Goes Wrong -- 11. Oral presentations: tips and tricks for effective delivery -- Preparation and Planning -- Delivery -- Visual Aids -- Managing Anxiety -- 12. Experiential learning: putting theory into practice -- Preparing for Practical Experiences -- During Practical Experiences -- Understanding Your Experience -- 13. Tests, quizzes, mid-terms and finals: preparing for and writing exams -- What are Exams? -- Preparing for Exams -- On the Day -- During the Exam -- After the Exam -- Appendix 1: Task words -- Appendix 2: Research Summary Sheet -- Appendix 3: Common Errors in Student Writing.

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#### Sommario/riassunto

Starting university can be a daunting prospect, as students come to grips with new ways of working, learning and thinking. Studying sport at university poses particular challenges, with students often engaged in playing or coaching sport alongside their studies and having unconventional working patterns. Study Skills for Sport Studies is the only complete guide to degree-level study to be written specifically for students on sport-related courses, outlining the core academic competencies needed to succeed at university. The textbook offers tips and techniques for all aspects of higher education, including time management, critical thinking, academic research and writing, e-learning, presentations, group work and exams. The practical processes are supported by sports-related examples, and each chapter ends with useful exercises to test your skills as well as reflect on your prior learning experiences. Designed as either a self-paced text or a companion to an introductory class, Study Skills for Sports Studies demystifies the academic skills needed to succeed and helps you make the most of your time at university.

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