



Sports History: A Practical Guide

Martin Polley

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Why should we study the history of sport? What primary sources do sports historians use? How can you make your own sports history work more sophisticated and professional?

If you are studying sport or history, and are looking for a deeper appreciation of the ideas and methods involved in the historical study of sport, then this book is essential reading. Through themed chapters, Martin Polley explores:

- the nature of sports history
- the importance of the past in contemporary sport
- the types of primary evidence that sports historians use.

With numerous practical exercises designed to bring sports history to life, a glossary and extensive guidance to further resources, this indispensable book will enhance your understanding and enjoyment of sports history.

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