Cronfa - Swansea University Open Access Repository

This is an author produced version of a paper published in:
Journal of Sports Sciences

Cronfa URL for this paper:
http://cronfa.swan.ac.uk/Record/cronfa31505

Paper:
http://dx.doi.org/10.1080/02640414.2016.1271136

This article is brought to you by Swansea University. Any person downloading material is agreeing to abide by the terms of the repository licence. Authors are personally responsible for adhering to publisher restrictions or conditions. When uploading content they are required to comply with their publisher agreement and the SHERPA RoMEO database to judge whether or not it is copyright safe to add this version of the paper to this repository.
http://www.swansea.ac.uk/iss/researchsupport/cronfa-support/