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Critical thinking and the study of sport

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If you answered a, b, or c to the above then you might need some discussion that critical thinking has an important role to play in your studies. If you answered d, you may already be aware of the importance of thinking critically and your skills in this area may be reasonably developed. Either way, the purpose behind this book is to demonstrate the value of critical thought and to help you hone and consolidate the skills it requires.

What is critical thinking?

Essentially, the key to thinking critically is to be able to assess what information is most accurate and relevant, to determine what makes sense, make reasonable and logical judgments, and be willing to question what you have been taught.