

The Young Athlete



THE YOUNG ATHLETE

A SPORTS DOCTOR'S
COMPLETE GUIDE
FOR PARENTS

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WITH CAROL SHOOKHOFF

RECOGNIZING AND PREVENTING COMMON SPORTS INJURIES • WORKING WITH COACHES
NUTRITION, DEVELOPMENT, AND PRESEASON TRAINING • KEEPING SPORTS FUN AND HEALTHY
BEING AN EFFECTIVE SPORTS PARENT



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出版者:Little Brown & Co

出版时间:2003-4

装帧:Pap

isbn:9780316738651

An invaluable, comprehensive, one-of-a-kind resource for parents of young athletes—from one of America's most prominent pediatric sports doctors. Among the topics Dr. Metzl covers:

- How to keep child athletes healthy in mind and body
- How to deal with coaches and other parents, and how to help children handle team pressure
- How to recognize and prevent injuries such as fractures, ligament tears, and repetitive stress injuries
- How to recognize when children are doing 'too much'
- How to judge the impact of daily physical activity on growing bodies

Packed with practical advice on everything from nutrition to conditioning to avoiding the 'win at all costs' mentality, **THE YOUNG ATHLETE** offers parents the tools they need to encourage safe sports and to help their children achieve their utmost potential, both on and off the field.

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目录:

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