

The Encyclopedia of Exercise, Sport and Health



THE ENCYCLOPEDIA OF EXERCISE, SPORT AND HEALTH

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This encyclopedia contains a comprehensive alphabetical guide for more than 2,000 entries on the full array of topics related to sports health including training, nutrition, psychology, injuries, illness, prevention, and alternative therapies. Clearly illustrated

with photos and clear anatomical line drawings, this book has jargon-free explanations for thousands of questions about the health- and fitness-related aspects of exercise and sports. For those who have suffered a sports injury, have children involved in sports, are studying physical education, or just want to know about health-improving exercises, this is an invaluable reference guide.

作者介绍:

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