

The Olympic Encyclopaedia of Sports Medicine



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著者:Dirix, A./ Knuttgen, Howard G./ Tittel, K. (EDT)

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Now available in paperback, this book provides full-colour international coverage of the whole of sports medicine. With a preface by the president of the International Olympic Committee, and contributions from world authorities in sports medicine, it provides invaluable guidance for all doctors and other health personnel who serve athletes. Basic issues are dealt with as well as practical considerations such as injury prevention and treatment, assessment of fitness, methods of conditioning, environmental factors, exercise and disease, and exercise in rehabilitation. Emphasis is placed on the athlete in competitive sport, but the recreational sportsman and fitness enthusiast are not forgotten. The exercising child, the older person and women in sport are given special consideration.

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