

# Physiology Of Sports And Exercise

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organized around four themes key to the study of sport perspectives inclusion commercialization and the international context this text provides a student introduction to the field

the abc of sports and exercise medicine provides general practitioners with a comprehensive overview of the field of sports medicine this highly illustrated and thoroughly revised and updated new edition reflects new developments and current practice includes new chapters on medical care at sporting events

environmental factors of sports and exercise benefits of exercise in health and disease nutrition and ergogenic supplements and the use of drugs in sport covers the benefits of exercise among special populations such as the disabled obese pregnant children and the elderly covering the latest topics and including case studies of common sports and exercise medicine conditions the abc of sports and exercise medicine is an essential practical guide for general practitioners family physicians junior doctors medical students physiotherapists and all health professionals dealing with the treatment and prevention of sports related injuries

this is a fascinating and informative volume and the bulk of it is accessible to readers without an economics background it will be of interest to students of sport and the media and those interested in the commercialisation of leisure in general a journal of leisure studies

an accessible and comprehensive guide to the philosophy of sport each chapter is framed by a question that explores the main issues ideas and literature in the field ranging from questions about the nature and value of sport the sporting body aesthetics and ethics students are given the opportunity to consider significant debates in the philosophy of sport and each chapter is supplemented by independent study questions each section also contains short insightful interviews with eminent scholars in order to give a broader understanding of the history and development of the subject the main themes covered within this text include the nature of sport sport and the body aesthetics and the aesthetic value of sport a consideration of fair play rules and the ethos of sport the nature of competition the application and effect of technology on sport and introductions to contemporary ethical issues such as doping violence disability patriotism elitism and sexual equality as well as a broader reflection on the connection between sport and moral development

now available in paperback this vital handbook marks the development of sports studies as a major new discipline within the social sciences edited by the leading sociologist of sport eric dunning and jay coakley author of the best selling textbook on sport in the usa it both reflects and richly endorses this new found status key aspects of the handbook include an inventory of the principal achievements in the field a guide to the chief conflicts and difficulties in the theory and research process a rallying point for researchers who are established or new to the field which sets the agenda for future developments a resource book for teachers who wish to establish new curricula and develop courses and programmes in the area of sports studies with an international and inter disciplinary team of contributors the handbook of sports studies is comprehensive in scope relevant in content and far reaching in its discussion of future prospect

david beckham tiger woods anna kournikova over recent years sports stars on both sides of the atlantic have not just crossed over into the mainstream celebrity scene

but increasingly dominate it this volume offers an analysis of the development of modern sport in the uk and the usa

the participation of women in sports whether it be professional or amateur has increased dramatically over the past 20 years the anatomy and physiology of the female athlete is unique and it is these aspects which are covered in this new volume in the encyclopaedia of sports medicine women in sport provides and invaluable reference for those who deal with sportswomen of all abilities both on a clinical and research level

the evolution of the human species has always been closely tied to the relationship between biology and culture and the human condition is rooted in this fascinating intersection sport games and competition serve as a nexus for humanity's innate fixation on movement and social activity and these activities have served throughout history to encourage the proliferation of human culture for any number of exclusive or inclusive motivations money fame health spirituality or social and cultural solidarity the study of anthropology as presented in anthropology of sport and human movement provides a scope that offers a critical and discerning perspective on the complex calculus involving human biological and cultural variation that produces human movement and performance each chapter of this compelling collection resonates with the theme of a tightly woven relationship of biology and culture of evolutionary implications and contemporary biological and cultural expression

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