

The Oxford Dictionary of Sports Science and Medicine



This comprehensive, practical reference is essential for everyone interested in any aspect of sports medicine. It covers all the major areas of sports science and medicine including: anatomy, biomechanics, exercise physiology, nutrition, sports psychology, sports sociology, sports injuries, training principles, and the use of ergogenic aids. Compiled with the help of a team of eminent contributors and advisers, the dictionary contains over 7500 cross referenced entries and many illustrations. It will be particularly helpful for medical specialists, students of physical education, coaches, and athletes who need to understand the scientific principles, physiological processes, and anatomical structures which affect performance. It will also be useful to the general reader interested in exercise, health and fitness. The Oxford Dictionary of Sports Science and Medicine is a must have reference.

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