

1. Record Nr.	UNINA9910144674503321
Titolo	The young athlete [[electronic resource] /] / edited by Helge Hebestreit and Oded Bar-Or
Pubbl/distr/stampa	Malden, Mass., : Blackwell Pub., 2008
ISBN	1-282-34186-3 9786612341861 0-470-69625-7 0-470-69550-1
Descrizione fisica	1 online resource (514 p.)
Collana	Encyclopaedia of sports medicine ; ; 13
Altri autori (Persone)	HebestreitHelge Bar-OrOded
Disciplina	617.1/02703 617.1027
Soggetti	Pediatric sports medicine Electronic books.
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	"An IOC Medical Commission Publication in collaboration with the International Federation of Sports Medicine."
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	THE YOUNG ATHLETE; Contents; List of Contributors; Foreword; Preface; Dedication to Oded Bar-Or, MD; Part 1: Growth, Maturation, and Physical Performance; 1 Growth and Biologic Maturation: Relevance to Athletic Performance; 2 Muscle Development During Childhood and Adolescence; 3 Development of Maximal Anaerobic Performance: An Old Issue Revisited; 4 Cardiorespiratory Responses During Endurance Exercise: Maturation and Growth; 5 Scaling for Size: Relevance to Understanding the Effects of Growth on Performance; Part 2: Training: Principles, Trainability, and Consequences 6 Muscle Strength, Endurance, and Power: Trainability During Childhood7 Endurance Trainability of Children and Youth; 8 Skill Acquisition in Childhood and Adolescence; 9 Growing a Healthy Skeleton: Exercise-the Primary Driving Force; 10 Physical Activity in Youth: Health Implications for the Future; Part 3: Injuries: Epidemiology, Prevention, Treatment, and Rehabilitation; 11 Epidemiology of Pediatric Sports-Related Injuries; 12 Overuse Injuries

in the Young Athlete: Stress Fractures; 13 Protective Sports Equipment; 14 Rehabilitation of Children Following Sport and Activity Related Injuries
Part 4: Non-orthopedic Health Concerns15 The Preparticipation Physical Evaluation; 16 Nutrition for the School Aged Child Athlete; 17 Risk for Eating Disorders in the Young Athlete; 18 Delayed Puberty in Girls and Primary and Secondary Amenorrhea; 19 Cardiovascular Concerns in the Young Athlete; 20 Physiologic and Health Aspects of Exercise in Hot and Cold Environments; 21 Doping in Children and Adolescents; Part 5: Psychosocial Issues; 22 Personal Development Through Sport; 23 Developing Positive Self-Perceptions through Youth Sport Participation
24 Emotional Stress and Anxiety in the Child and Adolescent AthletePart 6: Disease and Disability in the Young Athlete; 25 Exercise Immunology-Basics and Clinical Relevance; 26 Asthma and Sports; 27 Type 1 Diabetes Mellitus and Sport; 28 The Young Athlete with a Motor Disability; 29 The Young Athlete with a Mental Disability; Part 7: Methodology; 30 Body Composition Assessment in the Young Athlete; 31 Growth and Maturation: Methods of Monitoring; 32 Testing for Aerobic Capacity; 33 Testing Anaerobic Performance; 34 Longitudinal Studies during Growth and Training: Importance and Principles
Index

Sommario/riassunto

* An essential text that defines the medical and scientific aspects of the child and adolescent athlete* Meets the need for a responsible approach to the developing athlete* Covers key concepts in six sections: Growth, Maturation, and Physical Performance; Conditioning; Injuries; Non-orthopaedic Health Concerns; Psychosocial Issues; Disease and the Young Athlete
