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Titolo	Eating disorders in athletes // Joaquin Dosil
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ISBN	1-281-32184-2 9786611321840 0-470-72504-4 0-470-72505-2
Descrizione fisica	1 online resource (231 p.)
Disciplina	362.196/8526
Soggetti	Eating disorders Athletes - Nutrition Athletes - Mental health Sports medicine
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references (p. [187]-204) and index.
Nota di contenuto	Good eating habits in sport -- The importance of weight in some sports -- Eating disorders and the athlete's environment -- Diagnosis and assessment of eating disorders in sport -- Eating disorders in different sports -- Treating eating disorders in sport -- Cyberpsychology and eating disorders in sport -- Case studies in high-risk sports.
Sommario/riassunto	This comprehensive, up-to-date book presents the latest research and applied practice to address all of the key issues relating to sport and eating disorders. The book begins by looking at the underlying factors behind the development of disordered eating. It goes on to consider evaluation, diagnosis and treatment across a wide range of sports and assesses the various types of treatment available and the practicalities of implementing treatment programmes. A whole chapter is devoted to the role of the internet, both as a source of information and possible treatment, for athletes with these dis