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ISBN	1-118-77750-6
Edizione	[Fourth edition.]
Descrizione fisica	1 online resource (viii, 132 pages)
Collana	ABC Book Series
Disciplina	617.1/027
Soggetti	Sports medicine Sports injuries Electronic books.
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 and index.
Nota di contenuto	Epidemiology of sports injury and illness / Debbie Palmer-Green -- Immediate care in sport / Andy Smith -- Head injuries in sport / Daniel G. Healy -- Injury to face and jaw / Keith R. Postlethwaite -- Eye injuries in sport / Caroline J. MacEwen -- Management of injuries in children / Julian Redhead -- Management of musculoskeletal injuries in the mature athlete / Peter Brukner and Karim Kahn -- Medical care at major sporting events / Mike Loosemore -- Pulmonary dysfunction in athletes / John Dickinson and James Hull -- Infections / Michael J. Martin -- Unexplained underperformance syndrome (overtraining syndrome) / Richard Budgett and Yorck Olaf Schumacher -- Female athlete triad / Noel Pollock -- The athlete's heart / Aneil Malhotra, Greg Whyte and Sanjay Sharma -- Extreme temperature sport and exercise medicine / Michael J. Tipton -- Diving medicine / Peter Wilmshurst -- Altitude medicine / Sundeep Dhillon -- Physical activity and exercise as medicine / John Buckley -- Sport, exercise and disability / Nick Webborn -- Sport, exercise and obesity / David Haslam -- Sport, exercise and children / Neil Armstrong -- Physical activity and exercise in later life / Dawn A. Skelton and Finbarr C. Martin -- Nutrition, energy metabolism, and ergogenic supplements / Clyde Williams -- Drugs in sport / Roger Palfreeman -- Psychology of injury / Andrew Lane.

## Sommario/riassunto

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

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