

| | |
|-------------------------|--|
| 1. Record Nr. | UNINA9911019346303321 |
| Titolo | Olympic textbook of science in sport / / edited by Ronald J. Maughan |
| Pubbl/distr/stampa | Chichester, UK ; ; Hoboken, NJ, : Wiley-Blackwell, 2009 |
| ISBN | 1-282-00756-4 9786612007569 1-4443-0331-7 1-4443-0332-5 |
| Descrizione fisica | 1 online resource (437 p.) |
| Collana | Encyclopaedia of sports medicine ; ; v. 15 |
| Altri autori (Persone) | MaughanRon J. <1951-> |
| Disciplina | 613.7/11 613.711 |
| Soggetti | Human mechanics Physical fitness - Physiological aspects Sports - Physiological aspects |
| Lingua di pubblicazione | Inglese |
| Formato | Materiale a stampa |
| Livello bibliografico | Monografia |
| Note generali | "An IOC Medical Commission publication." |
| Nota di bibliografia | Includes bibliographical references and index. |
| Nota di contenuto | List of Contributors; Foreword; Preface; Introduction: Sport, Science and Sports Science; Part 1 Physiology and Biochemistry; Chapter 1 Muscle: Producing Force and Movement; Chapter 2 Physiological Demands of Sprinting and Multiple-Sprint Sports; Chapter 3 Physiological Demands of Endurance Exercise; Chapter 4 Physiological Adaptations to Training; Chapter 5 Skeletal Muscle Metabolic Adaptations to Training; Part 2 Nutrition; Chapter 6 Nutrition Needs of Athletes; Chapter 7 Dietary Goals and Eating Strategies; Chapter 8 Hydration; Part 3 Anthropometry; Chapter 9 Body Composition and Sports Performance Part 4 Immunology Chapter 10 Exercise Immunology; Chapter 11 Exercise, Inflammation, and Metabolism; Part 5 Cell Biology; Chapter 12 Genetic Determinants of Physical Performance; Chapter 13 Molecular Mechanisms of Adaptations to Training; Part 6 Biomechanics, Engineering, and Ergonomics; Chapter 14 Biomechanics of Human Movement and Muscle-Tendon Function; Chapter 15 Sports Ergonomics; Part 7 Psychology; Chapter 16 Exercise and Psychological Well-being; Chapter 17 Psychological Characteristics of Athletes and their Responses to Sport-Related Stressors; Part 8 Pharmacology |

Chapter 18Performance-Enhancing DrugsPart 9Limitations to Performance; Chapter 19Cardiorespiratory Limitations to Performance; Chapter 20Metabolic Limitations to Performance; Chapter 21The Brain and Fatigue; Part 10Special Populations; Chapter 22The Young Athlete; Chapter 23The Female Athlete; Part 11Exercise and Health; Chapter 24Health Benefits of Exercise and Physical Fitness; Index

Sommario/riassunto

This new volume in the Encyclopaedia of Sports Medicine series, published under the auspices of the International Olympic Committee, delivers an up-to-date, state of the art presentation of the scientific aspects of conditioning, injury prevention, and competition. The book covers the key areas of scientific knowledge in sport and is divided into: physiology and biochemistry; nutrition; anthropometry; immunology; cell biology; biomechanics, engineering and ergonomics; psychology; pharmacology; limitations to performance; special populations; and exercise and health. Presented in