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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 Childhood 7 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 Concerns 15 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 Athlete Part 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