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Altri autori (Persone)	ShephardRoy J AstrandPer-Olof
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Nota di contenuto	pt. 1. Definitions -- pt. 2. Basic scientific considerations -- pt. 3. Measurements in endurance sport -- pt. 4. Principles of endurance preparation -- pt. 5. Specific population groups and endurance training -- pt. 6. Environmental aspects of endurance training -- pt. 7. Clinical aspects of endurance training -- pt. 8. Specific issues in individual and team sports.
Sommario/riassunto	Endurance in Sport is a comprehensive and authoritative work on all aspects of this major component of sports science. The book also embraces medical and sport-specific issues of particular relevance to those interested in endurance performance. The scientific basis and mechanisms of endurance - physiological, psychological, genetic and environmental - are all considered in depth. Measurement of endurance is extensively reviewed as is preparation and training for physical activities requiring endurance.

