

1. Record Nr.	UNISA996209702203316
Titolo	Volleyball [[electronic resource] /] / edited by Jonathan Reeser, Roald Bahr
Pubbl/distr/stampa	Malden, Mass., : Blackwell Science, 2003
ISBN	1-281-31021-2 9786611310219 0-470-69390-8 0-470-69312-6
Edizione	[1st ed.]
Descrizione fisica	1 online resource (244 p.)
Collana	Handbook of sports medicine and science
Altri autori (Persone)	ReeserJonathan BahrRoald <1957->
Disciplina	617.1/027
Soggetti	Volleyball injuries Volleyball - Training
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	Energy demands in the sport of volleyball / Jaci L. VanHeest -- The biomechanics of jumping / Albert Gollhofer and Sven Bruhn -- Peak conditioning for volleyball / Tudor O. Bompá and Michael C. Carrera -- Optimal nutrition and hydration for the volleyball athlete / D. Enette Larson-Meyer -- The role of the volleyball medical professional: the preparticipation examination / William W. Briner, Jr. -- Medical coverage of volleyball events / Fernando Pena and Elizabeth Arendt -- Volleyball injury epidemiology / Jonathan C. Reeser -- Environmental concerns in volleyball / William W. Briner, Jr. -- Injury prevention / Roald Bahr -- Principles of volleyball injury rehabilitation / Jonathan C. Reeser -- Shoulder injuries in volleyball / Andrea Ferretti and Angelo DeCarli -- Knee and ankle injuries in volleyball / Karim Khan and Roald Bahr -- Other volleyball-related injuries / Jonathan C. Reeser -- The young volleyball athlete / Jonathan C. Reeser -- The female volleyball athlete / David Wang and Elizabeth Arendt -- The disabled volleyball athlete / Jonathan C. Reeser -- The elite volleyball athlete / Steef Bredeweg -- Ergogenic aids / Roald Bahr -- Visual perception and decision making in volleyball / Darlene A. Kluka -- Applications of

sports psychology to volleyball / Heiner Langenkamp and Michael Gasse.

---

**Sommario/riassunto**

This addition to the Handbook series is presented in five sections. The first sections covers basic and applied science, including biomechanics, the physiologic demands of volleyball, conditioning and nutrition. The second section looks at the role of the medical professional in volleyball, covering team physicians, pre-participation examination, medical equipment at courtside and emergency planning. The third section looks at injuries - including prevention, epidemiology, upper and lower limb injuries and rehabilitation. The next section looks at those volleyball players who require special c

---