

Book review

Oxford Dictionary of Sports Science and Medicine

Editor: Michael Kent

Bibliographic Data: ISBN: 0-19-921089-6, Oxford University Press, 2006, £15.00, 612 pages, paperback, Third edition.

Subjects: A to Z sports medicine and science dictionary

DESCRIPTION: The Oxford Dictionary of Sports Science and Medicine provides reliable definitions of sports science and medicine terms. It provides an invaluable reference book for anyone interested in the captivating subject of sport.

PURPOSE: This dictionary aims to include almost every sports science, anatomy, physiology, biomechanical, injuries description, and psychological term as related to sports medicine and science and support the explanations by illustrations wherever necessary.

AUDIENCE: As a comprehensive dictionary of sports science and medicine, it will be of particular help to medical specialists and general practitioners, as well as students of PE, coaches, and athletes who need to understand the anatomical structures and physiological processes which affect athletic performance. Any member of public interested in health and fitness; exercise and sport or wants to understand what the obscure terms mean, like jogger's nipple, social loafing, and Zatopek phenomenon will also benefit from this book.

FEATURES: The Oxford Dictionary of Sports Science and Medicine features terms in A to Z fashion at all the major areas of sports science and medicine including: anatomy, physiology/exercise physiology, biomechanics, training principles and techniques, nutrition, sports psychology and sociology, sports injuries and rehabilitation. A team of prominent contributors and advisers put together this dictionary in the first edition. The third edition includes around 8000 cross-referenced terms which have been updated or added since the first edition. There are plenty of illustrations wherever appropriate to make the terms easily understandable.

ASSESSMENT: A must-have dictionary for all medics practising in sports and exercise medicine, as well as students of medicine, physical education, nursing and physiotherapy. Even coaches, trainers, biomechanical experts; in fact anyone who has a special interest in this area will find this dictionary useful.

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