

Book review

The Olympic Textbook of Science in Sport (The Encyclopaedia of Sports Medicine)

Editor: Ronald J. Maughan

Bibliographic Data: ISBN: 0- 1405156384, ISBN-13 978-1405156387 Wiley-Blackwell, West Sussex, UK, 2009, £99.99, 427 pages, hardcover.

Subjects: exercise physiology and biochemistry, biomechanics, performance and/or drugs.

DESCRIPTION: This is a new volume in the Encyclopaedia of Sports Medicine series produced by the sponsorship of the International Olympic Committee. It presents anatomical, physiological, biochemical and other relevant scientific basis of exercise, sport, conditioning, injury prevention, and competition.

PURPOSE: This book aims to explain scientific basis of sports and exercise and to concentrate on the current approaches on the subjects. At the same time, it addresses special issues and special populations on the relevant matters.

FEATURES: The book covers the key areas of scientific knowledge in sport at eleven parts as follows: physiology and biochemistry; nutrition; anthropometry; immunology; cell biology; biomechanics, engineering and ergonomics; psychology; pharmacology; limitations to performance; special populations; and exercise and health. Each part is further divided into subtopics.

ASSESSMENT: As a source from the International Olympic Committee and having contributors who are acknowledged leaders in their respective fields make this textbook a must-have for all parties in sports and exercise field. I believe they will find it easy to read and enjoy making use of this book as it is presented in a clear style and format.

Reviewed by: *Fadıl Özyener MD, PhD, Uludag University Medical School, Bursa Turkey*