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Encyclopedia Of Sports Science



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Interest in sports is high. Whether participating or watching, people want to know how and why things happen. The trajectory of a golf ball, the effect of gravity on a cyclist, and the influence of body size and shape on performance are among the many interesting topics discussed in this unique encyclopedia. This set contains 46 lengthy articles written by experts. All articles are signed, and all have bibliographies, which include references to textbooks and journal articles. The content is divided into two sections: Sports and The Body. Sports covers individual sports or concepts common to several sports, such as catching skills. Major sports such as baseball, golf, and hockey have their own articles. Other entries cover several sports. Acrobatics includes gymnastics and diving. Skiing has sections on both Alpine and Nordic techniques. Skating includes figure-, hockey-, and speed-skating skills. Articles on equipment, materials, and statistics provide valuable information on athletic shoes and apparatus, as well as probability and prediction. Part 2, The Body, explains the anatomy and physiology of movement, how the body functions under stress, and injuries and their prevention and treatment. Articles include Aging and Performance, Body Composition, Female Athletes, and Knee. Charts, graphs, and line drawings supplement the text. Cross-references direct users to related material. A detailed index facilitates access to information. Readers will need the index, since the article topics are broad. Although this is not a biographical source, the index also provides access to information about individual athletes who are mentioned in the text, such as Eric Heiden and Michael Jordan. Easy to understand and use, this encyclopedia

is a welcome addition to high-school, public, and academic library reference collections. Athletes and spectators can learn about the history of their sport, the scientific principles that can improve their performance, and what to look for in equipment. Students of physics and physiology can find explanations of the laws of motion, the Krebs cycle, and the effects of high and low pressure on respiration. Although The Encyclopedia of World Sport [RBB My 1 96] covers more individual sports and their histories, and The Oxford Textbook of Sports Medicine (Oxford, 1994) offers greater depth on injuries and their treatment, Encyclopedia of Sports Science provides the best coverage of the mechanics of sport and the scientific principles involved. The three sources complement each other well.

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