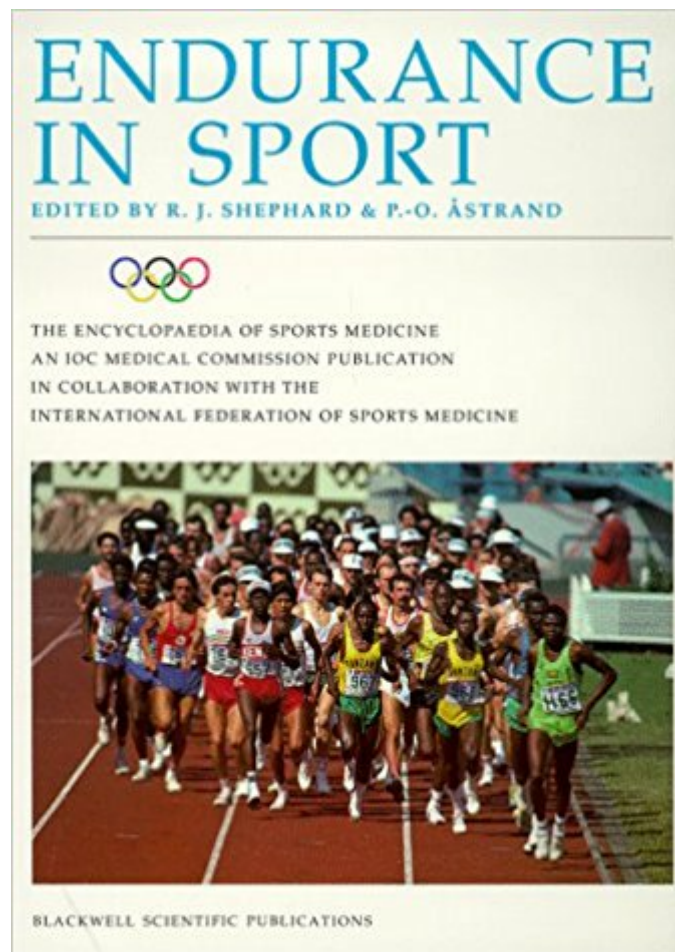




**Ebook Directory**  
the best source of ebook

The book was found

# Endurance In Sport (The Encyclopaedia Of Sports Medicine)



## Synopsis

Endurance in Sport is an exhaustive and authoritative work on all aspects of this major component of sports science which embraces all medical and sport-specific issues of particular relevance to the endurance competitor, defined as the participant in activities of more than one hour's duration. The scientific basis and mechanisms of endurance - physiological, psychological, genetic and environmental - are considered in depth. Measurement of endurance is extensively reviewed as is training for physical activities requiring endurance as a component of participation. Both editors are expert exercise physiologists highly regarded in the world scientific community and are thus uniquely placed to select expert contributors to this volume.

## Book Information

Series: The Encyclopaedia of Sports Medicine

Paperback: 656 pages

Publisher: Wiley-Blackwell (December 15, 1993)

Language: English

ISBN-10: 0632037075

ISBN-13: 978-0632037070

Product Dimensions: 9.7 x 7.5 x 1.4 inches

Shipping Weight: 3.7 pounds

Average Customer Review: Be the first to review this item

Best Sellers Rank: #3,023,951 in Books (See Top 100 in Books) #17 in [Books > Sports & Outdoors > Miscellaneous > Sports Science](#) #1046 in [Books > Textbooks > Medicine & Health Sciences > Medicine > Clinical > Sports Medicine](#) #1829 in [Books > Reference > Encyclopedias & Subject Guides > Sports](#)

## Customer Reviews

Endurance in Sport is an exhaustive and authoritative work on all aspects of this major component of sports science which embraces all medical and sport-specific issues of particular relevance to the endurance competitor, defined as the participant in activities of more than one hour's duration. The scientific basis and mechanisms of endurance - physiological, psychological,

[Download to continue reading...](#)

Endurance in Sport (The Encyclopaedia of Sports Medicine) Skateboarding: How It Works (Sports Illustrated Kids: the Science of Sports) (The Science of Sports (Sports Illustrated for Kids)) Football:

How It Works (Sports Illustrated Kids: the Science of Sports) (The Science of Sports (Sports Illustrated for Kids)) Hockey: How It Works (Sports Illustrated Kids: the Science of Sports) (The Science of Sports (Sports Illustrated for Kids)) Rehabilitation Techniques for Sports Medicine and Athletic Training (Rehabilitation Techniques in Sports Medicine (Prentice Hall)) Genetics and Sports (Medicine and Sport Science, Vol. 61) The Ultra Mindset: An Endurance Champion's 8 Core Principles for Success in Business, Sports, and Life Average to Epic: A Mid-lifer's Guide to Endurance Sports and Lifelong Fitness Finding Triathlon: How Endurance Sports Explain the World Separate Games: African American Sport behind the Walls of Segregation (Sport, Culture, and Society) More Than Just Peloteros: Sport and U.S. Latino Communities (Sport in the American West) The Physical Educator's Big Book of Sport Lead-Up Games: A complete K-8 sourcebook of team and lifetime sport activities for skill development, fitness and fun! Governance and Policy in Sport Organizations (Sport Management) Introduction to Sport Law With Case Studies in Sport Law 2nd Edition Young People's Voices in Physical Education and Youth Sport (Routledge Studies in Physical Education and Youth Sport) Sport Beyond Television: The Internet, Digital Media and the Rise of Networked Media Sport (Routledge Research in Cultural and Media Studies) Sports Illusion, Sports Reality: A Reporter's View of Sports, Journalism, and Society Skateboarding: How It Works (The Science of Sports) (The Science of Sports (Sports Illustrated for Kids)) Baseball: How It Works (The Science of Sports) (The Science of Sports (Sports Illustrated for Kids)) Basketball: How It Works (The Science of Sports) (The Science of Sports (Sports Illustrated for Kids))

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)