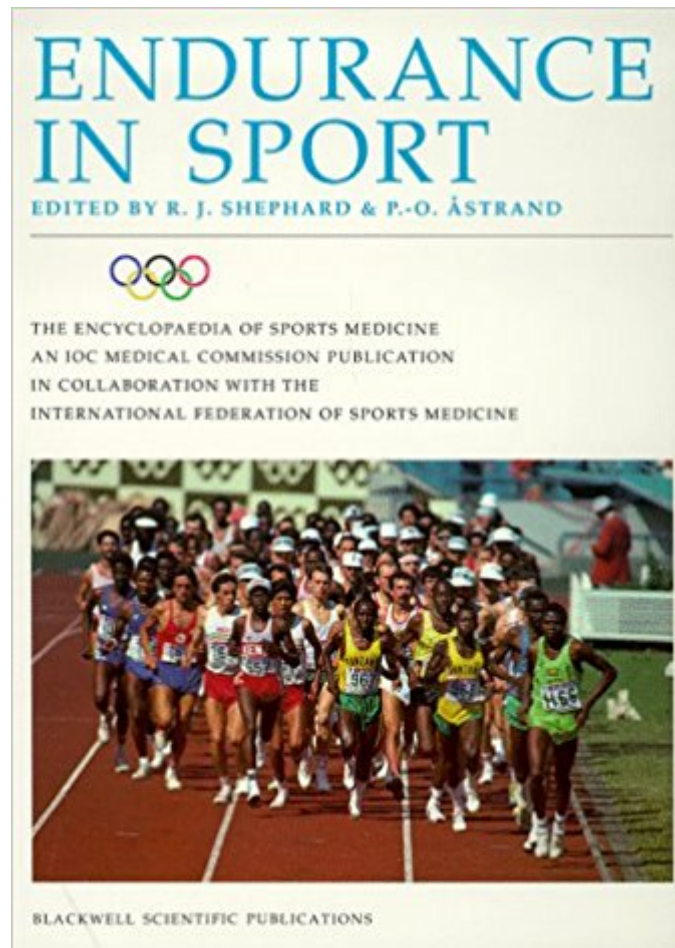


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Endurance In Sport (The Encyclopaedia Of Sports Medicine)



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

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