



The Olympic Textbook of Science in Sport

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This new volume in the Encyclopaedia of Sports Medicine series, published under the auspices of the International Olympic Committee, delivers an up-to-date, state of the art presentation of the scientific aspects of conditioning, injury prevention, and competition.

The book covers the key areas of scientific knowledge in sport and is divided into: physiology and biochemistry; nutrition; anthropometry; immunology; cell biology; biomechanics, engineering and ergonomics; psychology; pharmacology; limitations to performance; special populations; and exercise and health.

Presented in a clear style and format, *The Olympic Textbook of Science in Sport*, draws on the expertise of an international collection of contributors who are recognized as leaders in their respective fields. It will be indispensable for all sport scientists and medical doctors who serve athletes and sports teams and is an invaluable reference for students of sport and exercise science.

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Editorial Review

From the Back Cover

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About the Author

Ron Maughan is Professor of Sport and Exercise Nutrition at Loughborough University. He has published extensively in the scientific literature, and is an Editor of several international journals and is a member of many scientific organisations, including the Physiological Society, the Nutrition Society, the Biochemical Society, and the Medical Research Society. He chaired the Human and Exercise Physiology group of the Physiological Society for 10 years and was a member of the Council of that organisation. He is secretary of the Sports Nutrition group established by the IOC Medical Commission in 2002.

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