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The Youth Athlete The Best of College
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TEXTBOOK OF CHILDREN'S SPORT AND
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Education in the Twenty-First Century The
Dirty College Game Handbook of Statistical
Methods and Analyses in Sports Sport, Ethics
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Sports Performance Foot and Ankle Sports
Orthopaedics Alternative Models of Sports
Development in America Essentials of Youth
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The game -- The law -- The non-shooting guard -
- The coach -- The lawyers -- The lawsuit -- The judge -- The trial begins -- Xs and Os -- The new expert -- The shot heard round the state -- Overtime -- Health, education, welfare, and basketball -- The coach draws a line Since the birth of basketball in the YMCA's of New England at the dawn of the 20th century, the game has known many great coaches. Each makes his own contributions to the sport,

others learn from his successes and build on what they've learned to make their own mark on the game. However, there was a time when there was no one to learn from, no successes to emulate. Someone had to be the first. When basketball was in its infancy, many men saw the sport's potential for building physical fitness and good character in young men. But one man possessed the rare combination of skill, passion and charisma that came together in unique circumstances to produce basketball's first great coach. Ernest Blood developed a system of training boys that dominated basketball in a way like none other before or since. Affectionately called Professor Blood or "Prof" Blood for short-the game's first coaching phenom amassed a mind-boggling 159-game win streak spanning six seasons with his teams at New Jersey's Passaic High School. It was no wonder his teams were dubbed the "Wonder Teams". Like many transcendent success stories, this one is rife with controversy and adversity, jealousy, and battles of wills. At the heart of it all, though you will find a coach whose greatness is not merely measured by his extraordinary record, but also by his deep love of the game, unquestionable values and a desire to help boys become men of integrity and honour. This is his story. Everybody involved in sport, from the bleachers to the boardroom, should develop an understanding of ethics. Sport ethics prompt discussion of the central principles and ideals by which we all live our lives, and effective leadership in sport is

invariably ethical leadership. This fascinating new introduction to sport ethics outlines key ethical theories in the context of sport as well as the fundamentals of moral reasoning. It explores all the central ethical issues in contemporary sport: from violence, hazing, and gambling to performance enhancement, doping, and discrimination. This book not only investigates the ethical, social, and legal underpinnings of the most important issues in sport today, but also introduces the reader to the foundations of ethical leadership in sport and discusses which leadership strategies are most effective. Each chapter includes original real-world case studies, learning exercises, and questions to encourage students to reflect on the ethical problems presented. Sport, Ethics and Leadership is an essential resource for any course on sport and leisure studies, the ethics and philosophy of sport, or sport and leisure management. This is the first book dedicated to the musculoskeletal, physiological, hormonal, and other differences between the sexes as they manifest in sports medicine. Organized anatomically from head to toe, this unique reference focuses on the sex-specific differences of men and women to inform clinical care and the management of common sports injuries. Other chapters cover nutrition, hormones, concussion, pain, sports cardiology and pulmonology, and the particular care of adolescent and geriatric patients. The editors have assembled a world-class team of specialists to collaborate on each chapter, and

specially commissioned illustrations and tables help visualize the data and findings. While some books focus on “the female athlete” as a discrete category, this book discusses how the many physical stresses of athletics affect both sexes based on the inherent biological differences. The goal is to foster a more comprehensive understanding of the latest research and practice in sports medicine as it applies to all patients. As the field of sports medicine has grown exponentially over the last few decades, this book will serve as an essential resource for physicians, trainers, coaches, and anyone involved in athletics and medicine. Key Features: Provides an evidence-based review of how sex differences affect the risk of injury, presentation, and clinical course of sports-related injuries Anatomically based chapters highlight differences in static structures, dynamic movement, and pathology between the sexes Authors summarize key differences at the end of each chapter Includes special chapters on running and throwing, sports cardiology, sports pulmonology, nutrition, and unique athlete populations Sports Ethics for Sports Management Professionals provides students with the necessary tools to make ethical decisions in the sports management field. It presents several ethical models that the sports management professional can use as a guide to making ethical decisions. The text contains numerous case studies which allow students to apply the ethical decision-making process to a sports-related ethical dispute. An indispensable

reference that everyone concerned with the future of American colleges and universities should acquire. First published in 1999, *American Higher Education in the Twenty-First Century* offered a comprehensive introduction to the central issues facing American colleges and universities. This thoroughly revised edition brings the classic volume up to date. The contributors have rewritten every chapter to address major changes in higher education, including the rise of organized social movements, the problem of income inequality and stratification, and the growth of for-profit and distance education. Three new chapters cover information technology, community colleges, and teaching and learning. This edition seeks to capture several crucial dynamics in the nexus of higher education and society. Placing higher education within its social and political contexts, the contributors discuss finance, federal and state governance, faculty, students, curriculum, and academic leadership. They also grapple with growing concerns about the future of the academy and reflect more deeply on the racial, ethnic, and socioeconomic diversity within higher education. No other book covers such wide-ranging issues under the broader theme of higher education’s relationship to society. Highly acclaimed and incorporating cutting-edge research, *American Higher Education in the Twenty-First Century* is now more useful and engaging than ever. Contributors: Michael N. Bastedo, Philip G. Altbach, Patricia J.

Gumport, Benjamin Baez, Peter Riley Bahr, Joy Blanchard, Corbin M. Campbell, Melanie E. Corrigan, Peter D. Eckel, Roger L. Geiger, Lawrence E. Gladieux, Sara Goldrick-Rab, Jillian Leigh Gross, D. Bruce Johnstone, Adrianna Kezar, Jacqueline E. King, Aims C. McGuinness, Jr., Michael Mumper, Anna Neumann, Robert M. O’Neil, Laura W. Perna, Gary Rhoades, Roman Ruiz, Lauren Schudde, Sheila Slaughter, Daryl G. Smith Successful sports agents are comfortable with high finance and intense competition for the right to represent talented players, and the most respected agents are those who can deal with the pressures of high-stakes negotiations in an honest fashion. But whereas rules and penalties govern the playing field, there are far fewer restrictions on agents. In *The Business of Sports Agents*, Kenneth L. Shropshire, Timothy Davis, and N. Jeremi Duru, experts in the fields of sports business and law, examine the history of the sports agent business and the rules and laws developed to regulate the profession. They also consider recommendations for reform, including uniform laws that would apply to all agents, redefining amateurism in college sports, and stiffening requirements for licensing agents. This revised and expanded third edition brings the volume up to date on recent changes in the industry, including: —the emergence and dominance of companies such as Creative Artists Agency and Wasserman Media Group —high-profile cases of agent misconduct, principally Josh Luchs, whose

agent certification was revoked by the NFLPA —legal challenges against the NCAA that may fundamentally change the definition of amateurism —changes to agent regulations resulting from new collective bargaining agreements in all of the major professional sports —evaluation of the effectiveness of the Uniform Athlete Agents Act (2000) to regulate agent conduct —issues faced by the increasing number of agents representing athletes who work abroad as well as athletes from abroad who work in the United States. Whether aspiring sports agent, lawyer, athlete seeking an agent, or simply interested in understanding the world of sports representation, the reader will find in *The Business of Sports Agents* the most comprehensive overview of the industry as well as a straightforward analysis of its problems and proposed solutions. This book is designed as a comprehensive educational resource not only for basketball medical caregivers and scientists but for all basketball personnel. Written by a multidisciplinary team of leading experts in their fields, it provides information and guidance on injury prevention, injury management, and rehabilitation for physicians, physical therapists, athletic trainers, rehabilitation specialists, conditioning trainers, and coaches. All commonly encountered injuries and a variety of situations and scenarios specific to basketball are covered with the aid of more than 200 color photos and illustrations. *Basketball Sports Medicine and Science* is published in collaboration with

ESSKA and will represent a superb, comprehensive educational resource. It is further hoped that the book will serve as a link between the different disciplines and modalities involved in basketball care, creating a common language and improving communication within the team staff and environment. Provides an overview of the history and key personalities connected with the team that joined the NBA as an expansion team in 1987. This third edition takes a fresh approach to the study of sport, presenting key concepts such as socialization, race, ethnicity, gender, economics, religion, politics, deviance, violence, school sports and sportsmanship. While providing a critical examination of athletics, this text also highlights many of sports' positive features. This new edition includes significantly updated statistics, data and information along with updated popular culture references and real-world examples. Newly explored is the impact of several major world events that have left lasting effects on the sports realm, including a global pandemic (SARS-CoV-2, or COVID-19) and social movements like Black Lives Matter and Me Too. Another new topic is the "pay for play" movement, wherein college athletes demanded greater compensation and, at the very least, the right to profit from their own names, images and likenesses. This book provides a comprehensive review of the diagnosis, management and treatment of sports injuries to the foot and ankle. The editors have assembled a list of contributors at the top of

their field to define the medical management, treatment and surgery for the most common and highly debilitating sports injuries. Currently, foot and ankle injuries are the most common musculoskeletal injuries, thus this book fills the clear need for a state-of-the-art resource that focuses upon this growing area of orthopaedic practice. *Foot and Ankle Sports Orthopaedics* is highly relevant to orthopaedic surgeons, sports orthopaedic surgeons and medical professionals dealing with sports injuries around the F&A. With clear and didactic information and superb illustrations, this book will prove to be an indispensable learning tool for readers seeking expert guidance to further their surgical skills in this area. *ACSM's Essentials of Youth Fitness* is the authoritative guide on motor skill development, aerobic and anaerobic conditioning, and strength, power, speed and agility training for young athletes. This book examines the relationship between sport and religion with regard to twenty-first century topics such as race, fandom, education, and culture. The contributors provide new insights into the people, movements, and events that define the complex relationship between sport and religion around the world. A wonderful addition to any academic course on religion, sports, ethics, or culture as a whole. This successful book, now in a revised and updated second edition, reviews all aspects of anterior cruciate ligament (ACL) injuries in female athletes, with the focus on complete, noncontact ACL injuries.

The opening section discusses anatomy and biomechanics and explains the short- and long-term impacts of complete ACL ruptures, including long-term muscle dysfunction and joint arthritis. Risk factors and possible causes of the higher noncontact ACL injury rates in female athletes compared with male athletes are then discussed in depth. Detailed attention is devoted to neuromuscular training programs and their effectiveness in reducing noncontact ACL injury rates in female athletes, as well as to sports-specific ACL injury prevention and conditioning programs of proven value. Rehabilitation programs after ACL injury and reconstruction that reduce the risk of a future injury are explored, and the concluding section looks at worldwide implementation of neuromuscular ACL injury prevention training and future research directions. The book will be of value to orthopedic surgeons, physical therapists, athletic trainers, sports medicine primary care physicians, and strength and conditioning specialists. Success in basketball comes from a player's ability to consistently execute the fundamental skills of the game and also from the coach's ability to coach and incorporate these skills into their training programmes. Basketball Coaching is a vital resource for current and aspiring coaches, covering the essential skills needed to successfully coach and develop players. The book provides guidance on skills and techniques training, tactical training and physical and psychological preparation for each

individual position. It also covers elite level coaching skills, such as performance analysis and talent identification, which can be used at all levels of the game. The book also uniquely discusses the place of coaching within the context of the organizational structures involved in managing the sport of basketball at National, European and International level. The book is illustrated throughout with diagrams to explain all drills. Comprehensive and accessible, this book is the ideal tool for coaches wanting to develop a better understanding of this dynamic sport and how to coach it effectively. Providing a state-of-the-art account of the nature, distribution and determinants of sports injury in children and adolescents, this unique volume uses the public health model to describe the scope of the injury problem and the associated risk factors and evaluate the current research on injury prevention strategies as described in the literature. Thoughtfully divided in six sections, the nature of the young athlete and epidemiology of pediatric and adolescent sports injury are described first. Then an overview of the most common types of youth sports injuries as well as more serious injuries (e.g., concussions) and outcomes is presented, followed by a discussion of injury causation and prevention. Suggestions for future research rounds out the presentation. Each chapter is illustrated with tables which make it easy to examine injury factors between studies. Throughout, the editors and contributors have

taken an evidence-based approach and adopted a uniform methodology to assess the data available. Ideal for physicians, physical therapists, athletic trainers and sports scientists alike, *Injury in Pediatric and Adolescent Sports* concisely and accurately presents the situation faced by clinicians treating young athletes and the challenges they face in keeping up with this growing and active population. Furthermore, the information in this book will be useful to allied health researchers and sport governing bodies as an informed basis for continued epidemiological study and implementation of injury prevention initiatives designed to reduce the incidence and severity of injuries encountered by young athletes. The fourth edition of a classic, leading resource for the field of sport, exercise, and performance psychology Now expanded to two volumes, and featuring a wealth of new chapters from highly respected scholars in the field, this all-new edition of the *Handbook of Sports Psychology* draws on an international roster of experts and scholars in the field who have assembled state-of-the-art knowledge into this thorough, well-rounded, and accessible volume. Endorsed by the International Society of Sport Psychology, it represents an invaluable source of theoretical and practical information on our understanding of the role of psychology in sport, exercise, and performance—and how that understanding can be applied in order to improve real-world outcomes. Presented in eight parts, the *Handbook of Sports*

Psychology, 4th Edition adds new material on emerging areas such as mindfulness, brain mapping, self-consciousness, and mental toughness, and covers special topics such as gender and cultural diversity, athletes with disabilities, and alcohol and drug use in sports. In addition, it covers classic topics such as what motivates an athlete to perform; why do some choke under pressure; how do top performers handle leadership roles; what does one do to mentally train; how an athlete deals with injury; and much more. Fourth edition of the most influential reference work for the field of sport psychology New coverage includes mindfulness in sport and exercise psychology, ethics, mental toughness, sport socialization, and making use of brain technologies in practice Endorsed by the International Society of Sport Psychology (ISSP) Handbook of Sports Psychology, 4th Edition is an indispensable resource for any student or professional interested in the field of sports psychology. An effective strength and conditioning program is an essential component of the preparation of any athlete or sportsperson. Strength and Conditioning for Sports Performance is a comprehensive and authoritative introduction to the theory and practice of strength and conditioning, providing students, coaches and athletes with everything they need to design and implement effective training programs. Revised and updated for a second edition, the book continues to include clear and rigorous explanations of the core science underpinning strength and conditioning

techniques and give detailed, step-by-step guides to all key training methodologies, including training for strength, speed, endurance, flexibility and plyometrics. The second edition expands on the opening coaching section as well as introducing an entirely new section on current training methods which includes examining skill acquisition and motor learning. Throughout the book the focus is on the coaching process, with every chapter highlighting the application of strength and conditioning techniques in everyday coaching situations. Strength and Conditioning for Sports Performance includes a unique and extensive section of sport-specific chapters, each of which examines in detail the application of strength and conditioning to a particular sport, from soccer and basketball to golf and track and field athletics. The second edition sees this section expanded to include other sports such as rugby union, rugby league and American football. The book includes contributions from world-leading strength and conditioning specialists, including coaches who have worked with Olympic gold medallists and international sports teams at the highest level. Strength and Conditioning for Sports Performance is an essential course text for any degree-level student with an interest in strength and conditioning, for all students looking to achieve professional accreditation, and an invaluable reference for all practising strength and conditioning coaches. A speedy defender steps in front of a pass and takes off

down the court. As the home fans roar, her opponents race to catch up. The Women's National Basketball Association's championship is on the line. Hoops fans will find plenty of thrills as they discover the amazing stories of the WNBA Finals and the legendary stars who have made their names in the championship series. Personalization is a key term when talking about the future of all medical disciplines, including nutrition, and more specifically sport nutrition. The prospect of better tailored and more effective sport nutrition sounds appealing, but the research in personalized sport nutrition is somewhat lacking. Emerging evidence indicates that sport nutrition supplements and strategies may work in some individuals or under certain conditions, yet not in others. Research on novel ergogenic (= performance-enhancing) dietary approaches is often inconclusive because we fail to understand the environmental and genetic factors impacting the inter-individual responses to their intake and metabolism. These scientific hurdles need to be cleared before we can move to genetic or other screening tests to tailor sport supplement and macro- and micronutrient intake advice. This Research Topic provided a platform for original data and reviews on novel strategies for personalized sport and exercise nutrition, resulting in a diverse selection of published articles in the area. This book shows how the dynamic interplay of a powerful "golden triangle" of sports, media, and business interests with social, cultural, economic, and

political forces shapes sport in a changing world. This edition is a condensed and updated version of the first edition, with an emphasis on current social issues in sport. It also has more global content. The golden triangle concept is more developed and applied more extensively. Other key themes of the first edition—power, status, and inequality—are also more developed. New "Stop and Think Questions" have been added to challenge students to think about the meaning of what they have read. The book is now divided into five sections. The new sections highlight sociology and the sociology of sport; inequality and diversity; globalization and social deviance; major social contexts of sport, including the high school, college, and professional levels; and power, political economy, and global sports. Commercial aspects of college football and basketball during the mid- to late 20th century were dominated by a few "get rich quick" schools. Though the NCAA was responsible for controlling such facets of college sports, the organization was unwilling and unable to control the excesses of the few who opposed the majority opinion. The result was a period of corruption, rules violations, unnecessary injuries and overspending. These events led to the formation of larger conferences, richer bowl games and rules intended to preserve the "money-making" value of college football and basketball. This book explores gambling, academic fraud, illegal booster activity and the single-minded pursuit of television contracts in

college sports, as well as the NCAA's involvement--or lack thereof--in such cases. Examining the role of mass media and information technology in contemporary society, *Society In Focus*, Eighth Edition, emphasizes the increasing diversity and globalization of societies everywhere. It is designed to help students think clearly and critically about sociological issues, concepts, and methods. Questioning is at the heart of this approach, and as students read this book they are encouraged to become part of the sociological enterprise—rather than remain passive observers. Every element of the text is designed to challenge students to evaluate social issues and, guided by the sociological imagination, to clearly formulate their own positions. By asking questions that demand sociological and creative thought, students are reminded that their conclusions and decisions, as well as their non-decisions and inaction, may have important social consequences. New to this edition: • New coauthor Mica Thompson, an experienced teacher of introduction to sociology, brings a fresh new perspective as well as a wide array of different life experiences to this edition of *Society in Focus*. • An expanded critical analysis in Chapter 1 introduces all forms of media and technology, and every chapter examines an aspect of their powerful social influence. • Chapters 9, 16, and 17 have been updated to include the most recent worldwide financial and economic developments, to help explain globalization and

cultural diversity. • Expanded application of feminist theory in every chapter to help students recognize the importance of gender diversity and the contributions of that theoretical perspective in sociology. • Updated and brand new boxes throughout encourage students to take a closer look at society and selected social issues. This innovative book presents the latest insights into hamstring strain injuries (HSI), one of the most common problems in elite and recreational sport, with a unique focus on prevention and rehabilitation. The research within this area has evolved rapidly over the past 10 years and this text offers a comprehensive overview of the recent and most relevant advances. It fills a gap in the literature, since other books focus on muscle injuries in general and their surgical treatment. Structured around the current evidence in the field, it includes sections on functional anatomy and biomechanics; basic muscle physiology in relation to injury and repair; assessment of risk factors; and factors associated with hamstring strains. It also discusses considerations in relation to acute and chronic injuries and hamstring injury prevention, including pre-season and in-season interventions, as well as management strategies and rehabilitation protocols. The final chapter is devoted to additional interventions when conservative rehabilitation and injury prevention fail. Written by renowned experts in the field, this book will be of great interest to sports physiotherapists, sports

physicians, physical trainers and coaches. In the United States, the entanglement of sports and education has persisted for over a century. Multimillion-dollar high school football stadiums, college coaches whose salaries are many times those of their institutions' presidents, psychological and educational tolls on student-athletes, and high-profile academic scandals are just symptoms of a system that has come under increasing fire. Institutions large and small face persistent quandaries: which do they value more, academic integrity or athletic success? Which takes precedence: prioritizing elite teams and athletes, or making it possible for all students to participate in sports? How do we create opportunities for academic—not just athletic—development for players? In *Alternative Models of Sports Development in America*, B. David Ridpath—a leading sports development researcher who has studied both the US system and the European club model—offers clear steps toward creating a new status quo. He lays out four possible alternative models that draw various elements from academic, athletic, and European approaches. His proposals will help increase access of all young people to the benefits of sports and exercise, allow athletes to also thrive as students, and improve competitiveness. The result is a book that will resonate with sports development professionals, academic administrators, and parents. Identifying athletic talent and developing that talent to its full potential is a

central concern in sport. Understanding talent identification and its implications for both positive and negative developmental outcomes is crucial to sporting success. This is the first comprehensive resource for scientists, researchers, students, coaches, analysts and policymakers looking to improve their knowledge of the talent identification and development process. With contributions from leading researchers and practitioners, this book offers a complete overview of contemporary talent identification and development from in-depth discussion of methodological and philosophical issues through to practical applications. Adopting an international and multi-disciplinary approach, it addresses all key aspects of the talent identification and development process, including skill acquisition and motor learning, psychological factors and family influences, creating optimal environments for performance, and dealing with injury and rehabilitation. Presenting an unrivalled wealth of research, the *Routledge Handbook of Talent Identification and Development in Sport* is an essential resource for any undergraduate or postgraduate degree course in sport studies, sport science, sport coaching or sport management, as well as for sport policymakers, analysts and coaches. "Describes the NCAA College Basketball Tournament, including teams, players, and coaches"-- This handbook will provide both overviews of statistical methods in sports and in-depth treatment of critical problems and

challenges confronting statistical research in sports. The material in the handbook will be organized by major sport (baseball, football, hockey, basketball, and soccer) followed by a section on other sports and general statistical design and analysis issues that are common to all sports. This handbook has the potential to become the standard reference for obtaining the necessary background to conduct serious statistical analyses for sports applications and to appreciate scholarly work in this expanding area. The authorized biography of the man behind basketball's triangle offense and his wild ride through the game. Strength and power are key elements of soccer performance. A stronger player can sprint faster, jump higher, change direction more quickly and kick the ball harder. *Strength Training for Soccer* introduces the science of strength training for soccer. Working from a sound evidence-base, it explains how to develop a training routine that integrates the different components of soccer performance, including strength, speed, coordination and flexibility, and outlines modern periodization strategies that keep players closer to their peak over an extended period. Dealing with themes of injury prevention, rehabilitation and interventions, as well as performance, the book offers a uniquely focused guide to the principles of strength and conditioning in a footballing context. Fully referenced, and full of practical drills, detailed exercise descriptions, training schedules and year plans, *Strength Training for Soccer* is

essential reading for all strength and conditioning students and any coach or trainer working in football. Providing comprehensive discussion of this newly developing branch of sports medicine, this unique and up-to-date book focuses specifically on the treatment of athletes who train for and participate in endurance sporting events, including not only traditional endurance athletes such as runners, swimmers, bikers and triathletes, but also rowers, adventure racers, military personnel, and cross-fit athletes. Detailing strategies for not only treating and preventing injuries and conditions but also for optimizing an athlete's performance, it is divided into three thematic sections. The first section covers common medical conditions faced by the endurance athlete, including cardiovascular conditions, asthma, and heat- and altitude-related illnesses, while also discussing gender differences, pregnancy and the pediatric endurance athlete. Section two focuses on the management of common musculoskeletal conditions, such as stress fractures, overuse injuries of the soft tissue, compartment syndrome, shoulder and hip injuries, and exercise and osteoarthritis. The last section presents special considerations for the endurance athlete, including gait and swim-stroke analysis, bike fitting, mental preparation, optimizing nutrition, and how to organize medical coverage for events, as well as decision-making for return to play. A timely topic and one which has not been written about extensively in one concise collection of

chapters, *Endurance Sports Medicine* is a valuable guide for sports medicine physicians, orthopedists, athletic trainers, physical therapists, coaches, officials, and athletes in understanding the needs of the determined individuals who participate in endurance sports. *The Youth Athlete: A Practitioner's Guide to Providing Comprehensive Sports Medicine Care* includes topics that provide the most comprehensive and holistic understanding of the youth athlete. The foundation of the book focuses on the growth and development of the athlete from child to adolescence, balancing their physical, mental and emotional needs. The middle sections expand on this foundation, concentrating on common injuries and illnesses as well as unique topics (e.g., Female Athlete Triad, Sports Specialization). Final sections emphasize specific sports (e.g., Soccer, Basketball, eSports), allowing the reader to synthesize the previous information to assist with return to play decision-making. Written from a scientific perspective and incorporating evidence-based medicine into its content, this book is perfect for health care practitioners of varied specialties. The complete and comprehensive structure of the book will clearly distinguish it from all other textbooks on the market. Covers diverse topics that reflect our current understanding of youth athletes and issues related to their care. Incorporates evidence-based approach, highlighting the latest state-of-the-art information and research. Written by global content experts throughout

the sports medicine field. This superbly illustrated book provides information of outstanding quality on the presentation and management of the entire range of sports injuries and conditions likely to be encountered by the sports medicine physician, as well as many other topics relating to sports activity, events, and outcomes. It is the product of close collaboration among members of several ISAKOS committees, and the chapter authors are clinicians and scientists from across the world who are acknowledged experts in sports medicine and orthopedics. The book opens by discussing fundamental topics and principles, covering subjects such as the biomechanics of injuries, physiological demands in sports practice, sports activity at different ages, nutrition and hydration, strength and conditioning, injury prevention, recovery, rehabilitation, and return to play. Subsequent chapters focus in depth on overtraining injuries, neurological disorders, sports trauma to different parts of the body, and special clinical conditions. Further topics to be addressed are different scenarios in sports (e.g., indoor vs outdoor), sports equipment, biologic treatment of sports injuries, major sporting events, and patient-recorded outcome measures. *Strength and Conditioning for Young Athletes: Science and Application* offers an evidence-based introduction to the theory and practice of strength and conditioning for young athletes. Fully revised and updated, this second edition draws on leading research to offer a

holistic approach to training centred on the concept of long-term athletic development and the welfare of the young athlete. With 20 new authors and 8 new chapters, the book explores every key topic in strength and conditioning applied to young athletes, including: Growth and maturation Talent identification and talent development Monitoring and assessment Coaching young athletes Motor skill development Strength development and plyometrics Speed and agility development Metabolic conditioning Mobility and flexibility Periodisation and nutritional strategies Injury prevention and wellbeing Developing a holistic programme for young athletes. Written by a team of leading international strength and conditioning experts and paediatric sport scientists, the book includes expanded practical guidelines in every chapter to show how the latest scientific research can be applied by coaches to optimise young athletic potential. Including sample training programmes and exercises throughout, this is an essential resource for all students of strength and conditioning or paediatric exercise science, as well as any coach and athletic trainer working

with children and young people.

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