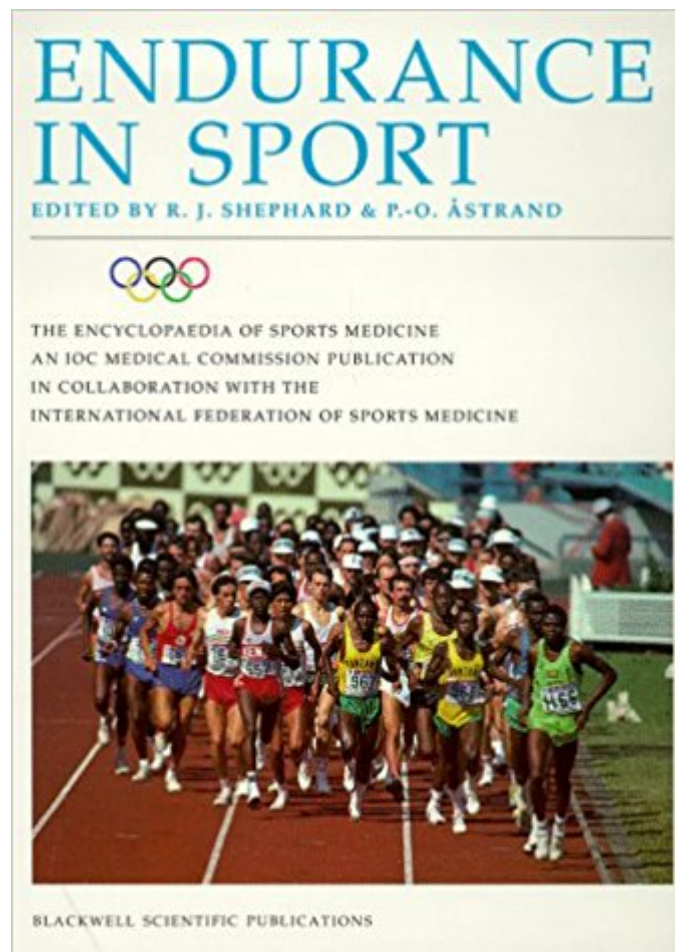




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Endurance in Sport is an exhaustive and authoritative work on all aspects of this major component of sports science which embraces all medical and sport-specific issues of particular relevance to the endurance competitor, defined as the participant 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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