EDITORIAL

I am aware of an encouraging "wind of change" in sports medicine, particularly in the field of education. The programme initiated by the London Sports Medicine Institute has not only provided a much-needed part-time qualification in sports medicine but, because of the liberal way in which their evening lecture series has been opened up to all, but also increased the opportunity for anyone with an emerging interest in sports medicine and/or sports physiology to "dip their toe into the water".

Clearly the majority who live some distance from the capital find it difficult to take advantage of such opportunities but — help is at hand! The Sports Council have agreed to support BASM's educational activities by paying for an education officer. This means that steps will soon be afoot to make the educational materials developed for the London courses available further afield, for example in videos or distance learning packs. We are grateful to the Sports Council for this opportunity to develop further our educational programme. BJSM have an important role in this programme. Plans are underway to publish a series of commissioned review articles, some in sports medicine and some in sports science, which will provide a "state-of-the-art" summary of current thinking in particular areas. We hope that this initiative will go some way towards allaying fears that the journal has become too esoteric and remote from the practitioner. There is, however, only one long-term answer to the allegation that the journal is insufficiently clinical. That is for clinicians and other health professionals to seek every opportunity to document their experience with sports injuries and then submit a manuscript. Only in this way can vital, empirical knowledge reach the audience it deserves.

In December 1987 Dr. David Costill of Ball State University, Indiana gave the annual guest lecture at LSML. His theme of overtraining was one to which all sportsmen and women can relate, as witnessed by the interest which the lecture engendered. Since December two sports magazines have included articles on this phenomenon and Chris Brasher wove material from the lecture into his piece in the *Observer* in two, successive weeks. At least one governing body has shown the video recording of the lecture at a gathering of sports people.

It would be a shame if, as a result of this lecture, the view was reinforced that British sports science lags behind that in USA and that a wealth of information about, in this instance overtraining, exists if only British sportsmen and coaches had access to it. This is far from the case. Despite Dr. Costill's many illustrative anecdotes, culled from his vast experience of both sport and science, little published evidence exists to explain overtraining or allow its early detection. This is undoubtedly a research area ripe for attention, if the appetite of sportsmen for information is a useful criterion of importance. Despite the practical difficulties which exist for an investigator interested in this area doubtless someone, maybe one of the excellent young British sports scientists now embarking on research careers, will have the courage to pursue it.

In Olympic Year the officers of BASM would like to extend their good wishes to the many BASM members who contribute to the Olympic effort through the care they offer to Britain's sportsmen and women. We wish them and all the competitors a safe journey to Seoul and hope that, in striving for excellence, both groups will find some reward for their commitment to sport.

Adrianne E. Hardman, 3rd March, 1988

SCHOLARSHIP IN EXERCISE PHYSIOLOGY

The British Olympic Medical Centre are offering a one-year scholarship for a post-graduate physiologist from 1st July, 1988. The person appointed would be expected to work on both general physiological monitoring of athletes and on original research in sports physiology. The bursary is £12,000, or £15,000 for a medically qualified individual, and is open to graduates from all member countries of the IOC but fluency in English is essential. Those interested should send a curriculum vitae as soon as possible to: the Administrative Secretary, British Olympic Medical Centre, Northwick Park Hospital, Watford Road, Harrow, Middlesex HA1 3UJ, from whom further information may be obtained.