Galasko, C. S. B., Menon, T. J., Lemon, G. J., Banks, A. J., Morris, M. A., Bourne, M. S. and Bentley, S., 1982 "University of Manchester sports injury clinic". *Brit.J.Sports Medicine* 16: 23-26.

Henry, J. H., Lareau, B. and Neigut, D., 1982 "The injury rate in professional basketball". *Am.J.Sports Medicine* 10: 16.

Leung, L., 1982 "Accident Report of Chinese University Health Centre". Personal Communication.

Muckle, D. S. and Shepherdson, H., 1975. *Football Fitness and Injuries*, Pelham, London.

Muckle, D. S., 1981 "Injuries in professional footballers". *Brit.J.Sports Medicine* 15: 77.

Weightman, D. and Browne, R. C., 1975 "Injuries in eleven selected sports". *Brit.J.Sports Medicine* 9: 136-141.

Xian, H. Z., 1984 "The treatment for sports injuries — the traditional Chinese method". *Proceedings of the Hong Kong Sports Medicine Conference*. In Press.

BOOK REVIEW

Title: **SPORT, GAME, GYMNASTICS IN THE SECOND PART OF LIFE (LIFE — TRAINING — TEACHING — ORGANISATION)**
Author: Heinz Meusel, Giessen University/F.R. Germany Sports Science Centre
Publishers: Limpert, Bad Homburg. Language: German
Price: DM 35, 335 pages, numerous tables, graphs, and figures. ISBN 37853 1401 9

Only in the last two decades sport for older people has been established among the varieties of physical exercise offered especially in bigger athletic clubs but also in those run by private organisations. In general, the knowledge of sports physicians about the physiological decrease caused by age ("biomorphosis") with its consequences for the function of organs including the psychic and social components is still poor. Considering the fact that mankind gets older and older and becomes more and more inactive because of an increasing lack of motion the reviewed book becomes especially important, it eliminates so to say a blank spot on the map of physical activities.

The author, professor of physical education and a well-known researcher of sport with older people revised 5000 essays about sport medicine, training science, and sports pedagogy. And thus not only a documentation with many references about sport with older people has been produced but in spite of the scientific character this book is first of all written for every-day use. There are plenty of practical and well tried hints and suggestions e.g. for the organisation of sport with the aging or time-tables for the naturally very different conditions of the training with older people.

It is necessary to lay stress upon the extensive chapter 3 about the training contents. The important role of endurance training of older people is well-known. But the author also confirms why for example special forms of strength training are of great importance. Afterwards the components of fastness, flexibility, equilibrium, and co-ordinating capacities are shown concerning the advantage and disadvantage for the training programme of older people. In another chapter different sports disciplines are examined according to their applicability for the sport with the aging. In the beginning he thereby critically reports different options, in the end he, however, offers concretely confirmed programmes. Good schematic and tabular surveys systematise the extensive topic. Another chapter deals with didactic drafts, i.e. with the practise of teaching by sport teachers. Here one can notice much pedagogic and practical experience of the author. Besides this, topics like the prevention of accidents, examinations by sports physicians, overstraining, sport motoric tests, and dosage of physical exercise in sport with the aging are discussed, but also biological, psychological, and sociological problems of aging.

This book which in spite of plenty of material has been written as briefly as possible can be recommended to the trainers as well as to sport physicians.

E. D. Lübs
 Professor of Cardiology, University of Kassel, Germany

Dr. Heinz Meusel contributed an article to Brit.J.Sports Med. 18:1, pages 4-12 earlier this year on some of the topics mentioned in his book. — Editor