successfully administered to State level tennis and squash players in Western Australia. Measurements made on the tennis players included physical characteristics (height, weight and body fat), estimations of physical work capacity (stamina) at a heart rate of 170 beats/minute on a bicycle ergometer, time for a tennis speed run and strength of the muscles involved in the production of tennis strokes.

The squash players undertook the same types of tests as the tennis players but performed on a squash speed run and a wrist flexion strength test to assess elements of

performance that were specific to their game.

The results of these tests were used to prescribe training programmes geared to individual needs.

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BOOK REVIEW

"Psychological Aspects of Physical Education and Sport"

Ed. J. E. Kane, Routledge & Kegan Paul, pp 237, £2.50

With increasing awareness of the psychological determinants of human behaviour, it is important that attempts be made to examine these as objectively as possible.

This book presents the relevant research to date with adequate provision for further reading supplied by the comprehensive bibliographies.

This has been well done, but largely in academic format which makes it rather heavy going in places and suitable mainly for postgraduate students or those with a fairly sophisticated knowledge of physical education and psychological theories and procedures.

The presentation emphasizes the discrepancy which exists between theory as propounded in research material and its practical application. Chapters 6 and 8 are very commendable in attempting to minimize this discrepancy. The clarity of this discussion of theoretical propositions with reference to their practical implications, make them well worth reading and of particular interest to coaches or others directly involved with those engaged in athletic or sporting activities.

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