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BOOK REVIEWS

“Women and Sport” and “The Female Athlete” are two books in a series on Medicine and Sport which are edited by E. Jokl and M. Hebbelinck, the two books consist of a series of selected papers from the International Congress of Women in Sport which was held in Rome in July 1980.

Title:          WOMEN AND SPORT: An historical, biological, physiological and sportsmedical approach
Editors:       J. Borms, M. Hebbelinck and A. Venerando, 1981
Publisher:     Karger, Basel.
Price $74.25    232 pages, 56 figures, hard cover

“Women and Sport” consists of the historical aspects of the involvement of women in sport in various countries, it also contains a section on the physiology and biochemistry of exercise in women, there are only five papers associated with sports medicine problems in women.

Title:          THE FEMALE ATHLETE: A socio-psychological and kinanthropometric approach
Editors:       J. Borms, M. Hebbelinck and A. Venerando, 1981
Publisher:     Karger, Basel.
Price $74.25    218 pages, 44 figures, hard cover

“The Female Athlete” consists of a series of papers associated with the sociological aspects of women in sport and sports psychology. The last section is a series of papers on body composition and somatotypes of various women athletes.

These books contain useful information for anyone who is involved in training or looking after women athletes.

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