REFERENCES


BOOK REVIEW

Title: PHYSICAL FITNESS AND ATHLETIC PERFORMANCE: A GUIDE FOR STUDENTS, ATHLETES AND COACHES
Author: A. W. S. Watson
Publisher: Longmans, London and New York, 1983
Price: £8.95

This book provides a simplistic account of the biological factors which play a part in human performance. The author is a lecturer in Physical Education and I would guess from the style that these are lecture notes slightly expanded. The book is aimed at students and coaches but assumes some scientific background which I think would make it difficult to read if this field of knowledge is sketchy.

The section of fitness tests assumes these will provide information that is of value in assessment of physical performance. The variables are infinite and the possible interpretations myriad and I have yet to see proof that these relate in any way to actual performance on the day.

I thought many of the pieces of physiology which I would find interesting were omitted. The co-ordinatory function of joint capsulo-ligamentous sensory feedback, the muscle elongation phenomena and other features are not touched upon.

The photo of Coe in full flight on the cover brought to mind the delicate tuning of the organism which can be so easily disrupted by a tiny fragment of viral protein.

Sports Science is an ever widening field. It is probable that the aspects covered by this book are of value to students of Physical Education and coaches. At least it will not cost them much to find out for themselves.

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