between active and sedentary people may contribute to reduced CHD risk.

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BOOK REVIEW

Title: WOMEN IN SPORT. A SELECT BIBLIOGRAPHY
Author: Michele Shoebridge
Publishers: Mansell Publishing Ltd., London, 1987
Price: £28.50 231 pages No figures Author Index Subject Index ISBN 0 7201 1858 1

The growing interest in Women in Sport over the past decade or so, has resulted in an expanding body of research that covers a wide range of disciplines. This select bibliography, compiled by Michele Shoebridge of The Sports Documentation Centre at the University of Birmingham, is a most welcome additional reference work contributing to this burgeoning field of study.

Miss Shoebridge has compiled the most complete and up-to-date bibliography of the subject and, as such, it is a "must" for all students of this multi-disciplinary field of work. The time period spanned begins at 1890 with the Modern Olympics; the categories of material include Monographs and Conference Proceedings, Bibliographies, parts of more general books and conference papers, theses and articles, the latter necessarily limited to research published from 1970 onwards due to the wealth of material available. Apart from the articles, many of the references are annotated. The main body of the book is sub-divided under headings that cover the major subject areas and these in turn contain sub-sections on relevant topics. For instance, the section entitled "Physiological Aspects" contains a total of 235 references sub-divided under headings such as menstruation, nutrition and physical fitness. The section entitled "Sociological Aspects" (186 references) covers material that includes administration, sponsorship, socialisation and attitudes towards women in sport. A chapter entitled "Individual Sports", with 476 references relating to 38 different sports including Rugby Football, Martial Arts and Dance, demonstrates the wide range of sporting activities in which women are participating.

As with any reference work that is multi-disciplinary in nature, there are problems with organisation and classification. For instance, notwithstanding a whole sub-section entitled "Pregnancy", a further two articles are found on pregnancy, in another section entitled "Physical Fitness". Therefore, readers should beware of referring only to the sections that are *prima facie* relevant to their own research.

In the Preface (page ix) Miss Shoebridge notes that space has prevented her from including references to research currently being undertaken on inequality between the sexes in schools. This is, in my opinion, the most unfortunate and regrettable omission. As I believe most strongly, and have stated as much throughout my own writings on this subject (to which nine references appear), that much of what characterises the deficiencies in the roles played by women in sport can be traced back to the way young girls, especially those in primary education, are treated at school in physical education classes and games. It follows that any serious attempt to come to grips with women's sporting participation and achievements must take into account the beliefs and attitudes with which women are imbibed in their formative early years. Sad, then, that students of this subject will have to look elsewhere for the relevant bibliography.

Having said that, this book will prove to be invaluable to anybody who wants to understand fully this most important cultural phenomenon. Ms Shoebridge has made an important contribution to the subject and it is hoped that she will continue to do so by updating regularly her select bibliography.

Elizabeth Ferris