Endurance in sport
R. J. Shephard and P.-O. Astrand
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This volume is another comprehensive and authoritative publication for the
Encyclopaedia of Sports Medicine, the result of collaboration between the
IOC Medical Commission and the International Federation of Sports
Medicine. The editors present a well-organized total of 57 contributions,
grouped into seven different sections, covering many aspects of aerobic
endurance and its application to sport. The first section contains semantic
and physiological definitions and notes that the lengths both of competition
and of training determine whether an event can be classified as ‘endurance’. The second section, entitled ‘General Scientific Considerations’ consists of

15 contributions on a variety of endurance-related topics, such as cellular
metabolism, and cardiovascular and pulmonary functions, together with
aspects of psychology as well as genetic determinants of endurance. The
third section contains ten papers under the general title ‘Measurements
of Endurance’. This forms an excellent example of the multidisciplinary
approach to assessing and monitoring endurance in man. Sections four and
five are composed of ten contributions which discuss principles of diet,
psychology, overtraining, and prevention of injuries in endurance athletes,
with endurance training in specific populations such as children
and pregnant women. The ten articles of Section six examine clinical aspects
of endurance training including problems of high altitude, effects of
endurance exercise on the immune response, and cardiac problems in endur-

ance sports. The final section, also with ten articles, is entitled ‘Specific
Issues in Individual Sports’. In this section, swimming, canoeing, cycling,
rowing and other sports are discussed physiologically and, in some cases,
training advice is provided. As a whole, this book will prove most valuable
to sports scientists and their students, to sports doctors, and also to
coaches and the more enthusiastic and knowledgeable competitors. Finally,
each of the sections is preceded by reproductions of athletic figures from
Greek vases, wearing anachronistic and historically inaccurate swimming-type
b Brief. For the most part, the Greek athletes competed naked!

Y. Koutedakis MA, PhD

Clinical Sports Medicine
W. A. Graha and A. Kalenak, eds.
527 pp, illustrated. 1991. Philadelphia,
USA: W. B. Saunders. £39.50

The stated aim of this text is to produce a comprehensive textbook valued
as a reference for both clinicians and scientists at all levels of
expertise - not an easy task. The editors are both orthopaedic surgeons,
but have included a wide range of disciplines covered by the 50 authors.
The 527 pages are divided into five parts: sports science, general medical
problems, rehabilitation of injury, orthotic management and sports inj-
uries.

Sports science is covered in just 77 pages, with chapters on exercise phys-
ology, metabolism, nutrition and exercise testing. Surprisingly, also
included is the female athlete and psychology. The chapter on exercise
testing and prescription is worth reading but generally the material pre-

duced is fairly superficial. Given that, the detailed descriptions of the Krebs
cycle and ATP production in the metabolism chapter seem out of place.

General medical problems also in-
clude an extensive injuries section.
There is a useful comprehensive de-
scription of on-field management of
injuries, and more on the female
athlete and psychology.

The section on rehabilitation of
injury, gives good practical advice for
the sports physician. However, no
references are given to back up claims
for the effectiveness of therapeutic
modalities, and the authors do not
appear to have read the work of Mary
Dyson.

I would have liked greater detail
from the section dealing with orthotic
management of injury, particularly
with regard to knee orthoses and foot
problems.

The largest part of the book is
dedicated to sports injuries. Special
sections are devoted to running, chil-
dren and the disabled. The regions
are reasonably well attended to. There
are plenty of black-and-white illustrations and radiographs.

I do not think that Clinical Sports
Medicine can be described as comprehen-
sive. The book is largely devoted
to injuries, despite hiding head,
ophthalmic, face and neck injuries in
the general medical problems section!
The sports science is rather light-
weight, while overtaking, travel and
drugs are not mentioned at all. The
book has some good parts, and may
be useful for a doctor preparing for
a diploma, but for reference it would
be better to look elsewhere.

R. G. Hackney, FRCS, Dip Sports
Med

The Academy Papers – New
Possibilities, New Paradigms
American Academy of Physical Educa-
tion Papers No 24
J. Park and H. M. Eckert. Champaign,

The American Academy of Physical
Education publishes a volume of col-
lected papers every year, sometimes
a general collection as here, sometimes
on specific topics such as Physical
Activity and Ageing (Vol 22), or
Exercise and Health (Vol 17). This
collection of 19 papers is of only
peripheral interest to most BASM
members unless they have a specific
interest in physical education, as this
volume is primarily concerned with
the education debate within the pro-
fession. However, there are some
contributions of general interest, for
example R. K. Dishman on ‘The failure
of sport psychology in the exercise
and sports sciences’ – not exactly a title
one might have expected to find coming
from America! ‘An ecological approach
to training’ by physiologist
Christine Wells and M. Gilman,
‘Mechanisms for making an interdisci-
plinary doctoral programme in exer-
cise science work’ by D. M. Landers,
and ‘Studying human movement’ by J.
R. Thomas are stimulating and inter-

testing topics in the context of BASM
readership.

For most of us, this would not be
a book to buy, but it could well be one
to look into, especially for those of us in
education.

Craig Sharp PhD, MRCVS