The following books have been received and will be deposited in the BASM Library c/o NSMI:


**STRENGTH AND POWER IN SPORT**

EDITED BY P. V. KOMI

...and will be...

Book reviews

**Strength and Power in Sport**
P. V. Kome, ed.

Apart from body composition and flexibility, virtually all of the purely physical side of sports training is directed at either endurance in its various forms, or strength and power, with power of course encompassing speed. This volume on strength and power, together with its companion 'Endurance in Sport' are exactly what many of us in the field have been waiting for. We now have two major works at the very core of sports physiology.

Thirty contributors write in five parts, of which the first consists of four pages of definitions. Part 2, on the biological basis for strength and power forms virtually half the book, with 13 chapters ranging from mechanical muscle models by Huijing, through the stretch–shortening cycle by Komi, muscle architecture and performance by Roy and Edgerton, the contractile performance of muscle fibres by Edman to hormonal mechanisms by Kraemer. Also in this section I am especially pleased to see a good chapter by Zernicke and Loitz on exercise-related adaptations to connective tissue, although I would have and related aetiology of both common and uncommon sporting injuries to the musculoskeletal system. A variety of injuries specific to particular sports are covered. The objective guidelines give a comprehensive coverage of examination techniques in a logical sequence. The possible interpretations of such findings are discussed on the facing page.

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**Carey Jones MCSP SRP**

*Fifty Plus*
A. Ripley and E. Ferris
£10.99, 250 × 190 mm, ISBN 0 09 174871 2

This is a welcome addition to the small library of books about health and exercise that one would recommend enthusiastically to the lay reader. It is both authoritative and practical, pursuing no fads or fancies but addressing the needs of the reader both for information and advice with sympathy and imagination.

At the launch, talking of the joint authorship, Andy Ripley said 'Lisa wrote it and I translated it!' While this probably does less than justice to both Dr Ferris' powers of communication and Mr Ripley's knowledge, there is an exceptionally happy compromise achieved in the writing between detail and clarity. Few writers in this field can manage this, one of them being Craig Sharp, and it is interesting to note that his assistance is acknowledged.

The book is wide-ranging, including sensible and helpful sections on the role of exercise and diet in the control of body weight and the health risks of smoking, excessive drinking and inappropriate diet. These elements are fairly standard but rarely presented with such good commonsense. The section on stress and relaxation is fuller than one finds in comparable publications and, given the state of knowledge, inevitably more controversial, but again contains what appears (to this lay reader) to be useful, understandable discussion leading to positive advice. What this book does exceptionally well is to take the would-be exerciser into the real world of everyday life and enjoyable recreation, rather than confining its perspective to the gymnasium or home exercise machine 'dosage' approach. 'Slow down the ageing process and have fun at the same time', is the theme of the book.

My only fear for the acceptability of the book arises from the use of sports personalities (both the authors and other celebrities as role models (only positive ones – no sedentary, overweight public figures are presented as bad examples)). This can be a two-edged sword, inspiring many people but perhaps putting off those who see themselves as 'not sporty' or who might consider that the privileged and famous have more options available to them than the common man. But the authors do hint that elite sportspeople may have particular difficulties in coming to terms with exercise in middle age, and that most of these idols have clay feet like the rest of us!

The book is well-presented, written with fluency and humour – and, one feels, with genuine concern.

The serious reader will appreciate the clarity and organization of the factual information but may be less comfortable at times with the anecdotal style of the personality case histories. But this 'chatty' approach may well get through to a readership that rejects information without entertainment, and at no time does it undermine the soundness of the advice being given.

A worthwhile book, supportive of the best interests of positive health promotion.

W. Tuxworth BA, CertEd
Due to a typesetting error in the September issue, parts of the following two reviews were mismatched. We apologize for any inconvenience caused, in particular to the reviewers, Craig Sharp and Carey Jones, and the book authors.

Anne Hartley
St. Louis, USA: Mosby Year Book, 1990, £35.50, 714 pp

Written originally as a manual for Canadian Athletic Therapy students, it is a comprehensive guide to examination, specifically of the musculoskeletal system of the sportsperson.

The author is a member of the Canadian Athletic Therapist Association (CATA), and while writing the text, was a Lecturer on the Sports Injury Management Programme in athletic therapy at Sheridan College in Oakville, Ontario.

The book is divided into two sections, the upper and lower quadrants. Preceding these is an introductory section covering general objective assessment guidelines and history taking.

The main body of the book, examination of the upper and lower quadrants, gives an anatomical and functional outline of each joint followed by assessment guidelines.

These guidelines specifically involve a detailed description of the history and related aetiology of both common and uncommon sporting injuries to the musculoskeletal system. A variety of injuries specific to particular sports are covered. The objective guidelines give a comprehensive coverage of examination techniques in a logical sequence. The possible interpretations of such findings are discussed on the facing page.

The author has avoided being dogmatic, by including a ‘Smorgasbord’ of assessment techniques combining many schools of thought from Cyriax and Maitland, to Elvey.

The assessment techniques are backed up by accurate line drawings and the sections on the shoulder joint and foot and ankle will be of particular use to the professional practising in sports medicine.

The reader will note that, being a North American text, a lot of the aetiology is based upon sports native to this region but with a minimal amount of imagination, this can be related to most sports.

Aimed specifically at physiotherapists, this book would prove to be an invaluable aid not only to this profession but also to novice doctors practising in Sports Medicine, where a logical guide to examination and assessment is essential.

Carey Jones MCSP SRP

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That is the kind of practical relation of structure to function that I would look upon, in such a chapter, as the icing on the cake!

Part 3 contains eight chapters on mechanisms of adaptation in strength and power training, starting with an excellent review of molecular and cellular aspects of adaptation in muscle by Geoffrey Goldspink, and going on through hypertrophy or hyperplasia (coming down firmly on the side of the former) by MacDougall, neural adaptations by Tesch, another look at connective tissue by Stone which is good on bone, and ending, interestingly enough, with Fleck writing on the cardiovascular responses to strength training. Part 4 deals with special problems, such as clinical aspects and ageing, and also the use of electrical stimulation in strength and power training. In this last aspect I am surprised that there is no mention of the possible moral aspects of such ‘nerve doping’ in relation to sport, instead I found it somewhat chilling that the ethical side was not mentioned. The final part relates to specific training for weightlifting, power events and, interestingly, bodybuilding, by Tesch.

Altogether, this book is a must for all interested in the scientific aspects of strength and power. I recommend it very highly indeed.

Craig Sharp BVMS, FIBiol