more potent statements. I am sceptical about unfettered statements. The reader will find chapter 11 (specific strength training pro-
grammes) a nice inclusion and one that could even be expanded further. Other novel topics include functional isometrics and hormonal adaptation to resistance training.

In summary, Dr O'Shea has done a nice job. I do believe, however, that in its current form the text has greater applicability for the more advanced participant. It will provide an excel-
 lent source of information and resource for training ideas and programme formulation. It is also good value for money. The reader is unlikely to come across a text written by an authoritative and practical and theoretical and practical insight in the area of resistance training as Dr O'Shea.

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Many doctors in Britain do not have enough knowledge to advise patients on how to play sport safely or to treat them if they become injured. The report, published by the BMA's board of science and education, Sports and Exercise medicine: policy and provision says that a faculty of sport and exercise medicine should be created, that the provision of sports medicine facilities should be reviewed, and that athletes need better education on how to avoid injuries.

There are about 19 million sports injuries in England and Wales each year, about half of them are in people aged 16 to 25 years of age. Injuries are more common when the sport is competitive, with sports such as rugby, football, and hockey carrying the highest risks. As many as three fifths of new injuries are caused by collisions between players.

The skill and knowledge of doctors have an important effect on how well people recover from injuries; however, the NHS has not trained enough doctors in sports medicine. Thus a faculty of sports medicine should be established to set standards for postgraduate training and accreditation and sports medicine should be included in the undergraduate curriculum, says the report. It also emphasizes the important role of doctors with existing expertise in sports medicine: sports medicine specialists should help sporting bodies to reduce the number of injuries by advising them about rules and regulations to improve safety.

The report asks the government to develop policy for the provision of services for doctors and patients and suggests a national network of sports injuries with a self-sufficient system of accreditation. It sets out guidelines for such centres which should provide education for athletes and coaches on how to avoid injuries as well as treating people when injuries do happen.

If campaigns to increase the level of activity of the population are successful, even more people will be at risk of injury; thus the promotion of physical activity must be backed up by strategies to minimise these. Doctors who promote physical activity should know about the risks and ensure that medical services are provided. The report calls for clearer exercise targets to help both the public and doctors know what levels they should be aiming for. Emphasis should be placed on moving individuals from the sedentary category to moderate levels of activity—a theme which is repeated in the Health Education Authority's guide.


To those working in the field of applied sport psychology in the United Kingdom, Richard Butler's name will be both familiar and well respected. Coming from a background in clinical psychology, he has been successful with a number of sports but most especially amateur boxing.

Those working in sport psychology will also be too well aware of the book's theme often separated the world of competitive sport inhabited by practising sport psychologists from the ivory towers populated by research sport psychologists. If this book is about anything, probably this is about helping to build a bridge over those troubled waters.

In achieving this goal it is largely successful and it is easy to see the book being used by applied sport psychologists in the course of their work.

Performance profiling and the development of the athlete's self awareness are generally regarded as the linchpin of a successful inter-
vention strategy, and it is these topics, close to the heart of Butler's own research interests, which from the focus of the early part of the book. Liberally sprinkled with quotes from sportspersons and coaches, chapters 2 to 4 take the reader easily through useful practical tech-
niques, and later chapters continue the theme of developing awareness. For example, chapter 7, on "feelings", considers various mood profiles of athletes using a device known as the feelings shade, presumably developed by the author. Familiar topics such as stress manage-
ment, concentration and attention, self confi-
dence, and visualisation make an appearance later, where again the emphasis is on the prac-
tical delivery of information to performers but set in the context of relevant theory and litera-
ture.

An overriding theme throughout is that mental training should not be divorced from physical or technical training, and that all should emerge seamlessly together in an holis-
tic approach to strategic interventions with sportspersons. This is a very important mes-
 sage and one which cannot be overempha-
sised. While the book is said to be aimed at a very broad audience, my guess would be that it may be a little beyond the average layperson but will be enjoyed immensely by those already familiar with the area, or other sport sciences, and it will be regarded as a valuable contribution to the literature.

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NOTES AND NEWS

The British Association of Sport and Medicine Congress Award

In this issue we have published as many of the abstracts from the BASM Annual Congress as can fit the allotted space. No implications about quality are attached to the abstracts which we unfortunately were unable to publish for lack of space. A prize is to be awarded for what was judged to be the best oral presentation and the best poster. This is described as "The British Association of Sport and Medicine Congress Award".