PostScript

BOOK REVIEWS

Nutrition and sport (briefing paper)

The British Nutrition Foundation. 38 pp. ISBN 0907667171

According to the back cover of this booklet, The British Nutrition Foundation promotes the nutritional wellbeing of society by interpreting and disseminating scientifically based knowledge and advice. Here they tackle the science and practice of sports nutrition, acknowledging that although the information is underpinned by rigorous research in exercise physiology and metabolism, it must be interpreted in the light of the practical issues that determine eating and drinking strategies for sport. It is hard to prepare a comprehensive and accessible overview of such a wide topic in 38 pages, but this paper manages to achieve this with the aid of numerous tables and figures, a series of summary points at the end of each section, and an extensive bibliography. Topics covered in the paper include energy metabolism in exercise, dietary carbohydrate needs, fat and protein requirements, iron and calcium in sport, water and electrolyte balance, ergogenic aids, the female athlete, the young athlete, and practical issues in sports nutrition. The briefing paper concludes with useful addresses for agencies involved in sports nutrition or sports science in the United Kingdom.

No doubt, the value of this paper is due to the involvement of Professors Ron Maughan (Aberdeen) and Clyde Williams (Loughborough); these men have been at the forefront of basic and applied sports nutrition research for many decades, and have been prolific in the development of opportunities and resources for sports nutrition education. If a country's sporting prowess was determined by the achievements of its sports scientists, Great Britain would be unbeatable. It is lucky that resources such as this briefing paper are available to coaches, athletes, and teachers world wide.

Analysis (judged as a lay review paper)

Presentation	18/20
Comprehensiveness	15/20
Readability	16/20
Relevance	11/20
Evidence basis	16/20
Total	76/20

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Endurance in sport, 2nd edn.

Edited by R J Shephard, P O Astrand. Blackwell Science, Oxford, 2000, £85.00, pp 987. ISBN 0632053488

Generally when faced with encyclopaedic texts, I become fearful of superficial coverage

of a wide variety of subjects with which I soon lose interest. Happily I can report that this volume, of almost 1000 pages, maintained my interest in chapters about which I had some knowledge and stimulated interest in areas about which I knew little.

As may be expected, the range of subjects is enormous and can best be described as falling into the following areas which are, indeed, section headings in the book: definitions; basic scientific considerations; measurements in endurance sport; principles of endurance preparation; specific population groups and endurance training; environmental aspects of endurance training; clinical aspects of endurance training; specific issues in individual and team sports.

Clearly there is something here for everyone, with more for the exercise physiologist than the medical clinician or other sport scientist. However, nutritionists, biomechanists, and psychologists will find various chapters of significant interest.

While all of the expected chapters are present—athlete's heart, genetic determinants, metabolism in contracting muscle, overtraining, maximum oxygen uptake, nutritional factors, etc—we are also treated to discussions of subjects less often found in such texts. I appreciated and learnt much from sections on the influence of endurance training and detraining on motor and sensory neurones, lung fluid movements in endurance sport, and a series of chapters covering endurance aspects of sports such as rowing, swimming, mountaineering, and human powered flight. The diversion from the physiology of marathon running was refreshing.

Perhaps greater coverage could have been given to clinical aspects of injury, as this area is an important determinant of endurance performance. The sections on injury were excellent but tended to focus on the lower limb, no doubt because of the previous concentration on running as an endurance sport. There were a few minor points against which arguments might be raised, but in general these do not detract from the quality of the volume.

There is much to be learnt from this large book, which is characterised by beautiful presentation, detailed content, clear black and white diagrams, excellent references, and a host of expert authors. It is probably most useful for exercise scientists with an interest in endurance sport, university students in this field, and medical practitioners with a bent for exercise physiology. A copy should be found in the library of any institution involved in the teaching of sport science or the management of endurance athletes.

Analysis

Presentation	18/20
Comprehensiveness	16/20
Readability	16/20
Relevance	16/20
Evidence basis	16/20
Total	82/100

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Adherence issues in sport and exercise

Edited by S Bull. John Wiley and Sons, 2001, £42.50, pp 305. ISBN 0471988480

The contents of this softback edition of a book first published in 1999 remain pertinent, as there is a continued focus on improving and maintaining health by lifestyle, rather than medical, interventions. Four key factors, which impact on adherence to physical activity, are identified early in the book—the client, the setting, the practitioner, and the practitioner/client relation—and these are explored further. It is all too easy to isolate the individual from the realities of their social world, and so the first chapter really puts this into perspective and is complemented in later chapters on environmental influences and client/practitioner interaction. It was interesting to see the much trumpeted model of behaviour change examined and critiqued. Areas that could have been discussed more were those of adherence and physical activity in elderly and in disabled populations. The last two chapters on methodological issues, while interesting, raise some complex ideas, which perhaps would be more accessible to researchers than practitioners.

Rod Dishman's foreword suggests that a good book raises as many questions as it answers; here these include exploring and measuring adherence (and its often used synonyms such as compliance) and the interchangeable use of the terms physical activity, exercise, and sport. Also collaboration with, and understanding of, other professions and breaking down the barriers between "institutional health"—for example, general practice—and lifestyle are needed if adherence is to be understood more fully.

Each chapter is well presented, referenced, and written by experts in the field, and as such the book contains information on adherence issues in exercise and sport relevant to both clinical and non-clinical populations.

Analysis

Presentation	17/20
Comprehensiveness	15/20
Readability	13/20
Relevance	19/20
Evidence basis	16/20
Total	80/100

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CALENDAR OF EVENTS

XVIII FIMS World Congress of Sports Medicine

5-9 June 2002, Budapest Congress Centre, Budapest Hungary

Further details: Congress Secretariat Asszisztencia Kft, H-1132 Budapest, Visegrádi u 25; tel: +36 1 350 1854/1892; fax: +36 1 350 0929; email: assziszt@euroweb.hu
Web site: www.asszisztencia.hu

Physical Therapy 2002

5–8 June 2002, Cincinnati, Ohio, USA
Further details: 2002 Annual Conference Program Committee, C/o Professional Development, APTA, 1111 North Fairfax St. Alexandria, VA 22314–1488 USA

9th World Symposium of Biomechanics and Medicine in Swimming

21–23 June 2002, St. Etienne, France
The early registration fee is 250€, the student rate is 100€.

Further details: Jean-Claude Chatard, Pav 12, St JB, CHU de Saint Etienne, 42 055 St Etienne Cedex 2, France; tel: +33 4 77 12 72 34; fax: +33 4 77 1272 29; email: chatard@univ-st-etienne.fr Web site: www.univ-st-etienne.fr/swimsymp

Medicine and Science in Sport and Exercise: sharing Scottish Research Findings

June 22 2002, Hampden National Football Stadium

Further details: Professor Nanette Mutrie; email: n.mutrie@bio.gla.ac.uk; tel: (0)141 357 7563; Dr Faith Gardner, 73a London Road, Kilmarnock, Ayrshire; tel: (0)1563 537306

BASICS Pre-Hospital Emergency Care Certificate (PHEC)

24–26 June 2002, Madingley Hall, Cambridge, UK

Awarded jointly by BASICS and the Royal College of Surgeons of Edinburgh this three day residential courses are available to those who may deal with emergency situations, including those involved in health care at sporting events. The certificate is awarded to participants who successfully complete the course and pass the examination on the final day.

Other dates available: 30 August–1 September, Ranmoor Hall, Sheffield; 21–23 October 2002 and 25–27 November both at Madingley Hall, Cambridge, UK.

Further details: BASICS Education Ltd; tel: +44 (0) 870 165 4999; fax: +44 (0)870 165 4949; email: educ@basics.org.uk Web site: www.basics.org.uk

12th Commonwealth International Sports Conference

19–23 July 2002, Manchester, UK

Further details: Conference Secretariat, HIT Conferences, Cavern Court, 8 Mathew Street, Liverpool L2 6RE, UK; tel: +44 (0)151 227 4423; fax: +44 (0)151 236 4829; email: sport@hit.org.uk Web site: www.hit.org.uk/sport/home.htm

Fourth World Scientific Congress of Golf

23–26 July 2002, St Andrews, UK

Further details: World Scientific Congress of Golf Trust, The Scores, St Andrews KY16 9AT UK; tel: +44 (0)1334 475560; fax: +44 (0)1334 474322; email: golfscience@st-andrews.ac.uk Web site: www.golfscience.org.

Sports Medicine Course

3–10 August 2002, Vancouver, Canada

Further details: Cathy Means; tel: +1 608 263 6637; fax: +1 608 262 8421; email: cjmeans@facstaff.wisc.edu

XVI IEA World Congress of Epidemiology

18–22 August 2002, Montreal, Canada

Further details: Conference Secretariat, Events International Meeting Planners, 759 Square Victoria, Suite 300, Montreal, Quebec, H2Y 2J7, Canada; tel: +1 514 286 0855; fax: +1 514 286 6066; email: info@eventsintl.com Web site: www.iea2002.com

Kinesiology—New Perspectives. 3rd International Scientific Conference

25–29 September 2002, Opatija, Croatia

Further details: Conference Office, Faculty of Kinesiology, 10,000 Zagreb, Horvacanski zavoj 15, Croatia; tel: +385 1 3658 666; fax: +358 1 3634 146; email: natalija.babic@ffk.hr

Evening Tutorials II: The ankle, anatomy, examination, biomechanics, surgical procedures, and rehab, with practical sessions

Autumn 2002, Edinburgh

Further details: Dr Faith Gardner, 73a London Rd, Kilmarnock, Ayrshire; tel: (0)1563 537306

The Queen's Golden Jubilee and Post Commonwealth Games BASEM Congress 2002

10–13 October 2002, The Low Wood Hotel and Conference Centre, Windermere, Cumbria, UK

Keynote lecturers

Professor Stuart M McGill (Canada), will lecture on "Low back exercise: the foundation for building the best programme" and present a workshop on "a programme to enhance spine stability". Assistant Professor Karim Khan (Canada), will lecture on "Better management of tendinopathies" and "Physical activity and bone health". Other speakers include: Professor Dr med Hans H Paessler (Germany) lecturing on "Current concepts in knee ligament reconstruction following sports injuries" and "Rehabilitation after cruciate ligament reconstruction"; Mr Peter Hamlyn (United Kingdom), Chairman of the Government Ministerial Working Group Report on Safety and Medicine in Sport, will open and Chair a discussion on progress one year on from the report.

Further details: Mrs Sue Roberts, BASEM Company Office, 12 Greenside Ave, Frodsham, Cheshire WA6 7SA, UK; tel/fax: +44 (0)1928 732 961; email: basemoffice@compuserve.com Web site: www.basem.co.uk

Sports Medicine of Australia 2002 Australian Conference

12–16 October 2002, Carlton Crest Hotel, Melbourne, Australia

Further details: Prue Robertson, Project Officer, Sports Medicine Australia, PO Box 237, Dickson ACT 2602; tel: +02 6230 4650; fax: +02 6230 5908; email: prue.robertson@sportnet.com.au

Celebrating 50 years of Orthopaedics in Singapore

13–16 October 2002, Singapore

In conjunction with the 25th Singapore Orthopaedic Association Meeting, 22nd Asean Orthopaedic Association Meeting, 5th

Combined Meeting of Spinal and Paediatric Sections—APOA, 7th Meeting of Sports Medicine Section—APOA, 3rd Meeting of Asia-Pacific Orthopaedic Society for Sports Medicine.

Further details: 2002 COM Secretariat, c/o Dept of Orthopaedic Surgery, National University Hospital, 5 Lower Kent Ridge Road, Singapore 119074, Republic of Singapore; tel: +65 772 4340; fax: +65 778 0720; email: secretariat@soa.org.sg Web site: http://orthopaedics2002.calendarone.com

BASICS Immediate Care Course

21–25 October 2002, Madingley Hall, Cambridge, UK

This five day residential course is primarily aimed at those with extensive experience in immediate care, this course will develop and enhance the necessary skills to deal with all medical and other emergencies in pre-hospital medicine.

Further details: BASICS Education Ltd; tel: +44 (0) 870 165 4999; fax: +44 (0)870 165 4949; email: educ@basics.org.uk Web site: www.basics.org.uk

BASICS Immediate Care Course "Top up"

24–25 October 2002, Madingley Hall, Cambridge, UK

This two day course is for those who would like to attend the final two days of the Immediate Care Course to develop their skills.

Further details: BASICS Education Ltd; tel: +44 (0) 870 165 4999; fax: +44 (0)870 165 4949; email: educ@basics.org.uk Web site: www.basics.org.uk

The 5th Asian Federation of Sports Medicine Congress

24–27 October 2002, Seoul, South Korea

Further details: AFSMC 2002 Seoul Secretariat, Hanjim Travel Service Co Ltd, (c/o Young CHANG) Marine Center New Bldg 5th Fl, #51, Sogong-dong, Chung-gu, Seoul 100–770, South Korea; tel: +822 726 5555; fax: +822 778 2514; email: ychang@kaltour.com Web site: http://www.afsmc2002.or.kr

Australian College of Sports Physicians (ACSP) 2002 Conference in conjunction with the New Zealand Sports Medicine Conference

30 October–3 November 2002, Christchurch, NZ

Keynote speaker will be Assistant Professor Karim Khan from Vancouver, Canada. Call for abstracts will be announced in early 2002.

Further details: Rob Campbell; email: rcampbell@sportsmed-nz.co.nz Web site: www.acsp.com.au

Skills Course in Musculoskeletal Ultrasound

6–8 January 2003, Oxford, UK

Further details: Alison Davies, Department of Radiology, Nuffield Orthopaedic Centre, Headington, Oxford, OX3 7LD, UK; tel: +44 (0)1865 227765; fax: +44(0)1865 227347; email: alison.davies@noc.oxlo.nhs.uk

BASICS Refresher course

28–29 November 2002, Madingley Hall, Cambridge, UK

This two day course is directed at previous participants on the pre-hospital emergency care and immediate care courses. The aim is to maintain and update skills, incorporating the latest developments in pre-hospital care.

Further details: BASICS Education Ltd; tel: +44 (0) 870 165 4999; fax: +44 (0)870 165 4949; email: educ@basics.org.uk
Web site: www.basics.org.uk

2nd World Congress of Science and Medicine in Cricket

4–7 February 2003, University of Port Elizabeth, South Africa

Further details: Dr Richard Stretch, University of Port Elizabeth, PO Box 1600, Port Elizabeth 6000, South Africa; tel: +27 41 5042584; fax: +27 41 5832605; email: sparas@upei.ac.za

Vth World Congress on Science & Football

April 2003, Lisbon, Portugal

Further details: Dr J Cabri; email: Jcabri@fmh.utl.pt Web site: <http://www.fmh.utl.pt/wesf>

3rd Québec International Symposium on Cardiopulmonary Rehabilitation Evidence Based Interventions: Science to the Art of Cardiopulmonary Rehabilitation

11–13 May 2003, Québec City Convention Center, Québec, Canada

Call for abstracts deadline is 1 November 2002. The abstract submission form and complete programme can be printed from the web site.

Further details: email: Jean.Jobin@med.ulaval.ca Web site: www.ulaval.ca/symp-rehab

The LTA Sports Science and Sports Medicine Conference

19–20 June 2004, London, UK

NOTES AND NEWS

Diploma in Sport and Exercise Medicine for Great Britain and Ireland

Details for the above exam can be found on the Royal College of Surgeons of Edinburgh website at <http://www.rcsed.ac.uk> alternatively applicants can write to: The Royal College of Surgeons of Edinburgh, Eligibilities Section, Careers Information Services, 3 Hill Place, Edinburgh; tel: +44 (0)131 668 9222 or Mrs Yvonne Gilbert, Intercollegiate Academic Board for Sport and Exercise Medicine, Royal College of Surgeons of Edinburgh, Nicolson Street, Edinburgh EH8 9DW; tel: +44 (0)131 527 3409; email: y.gilbert@rcsed.ac.uk

Intercollegiate Academic Board of Sport and Exercise Medicine Diploma Exam

The following were successful diplomates in the Intercollegiate Academic Board of Sport and Exercise Medicine Diploma Exam:

7 July 2000

- Dr Prabodh C Agarwal
- Dr Robert Bleakney
- Dr Trevor W Fleet

8 November 2000

- Dr James P Robson
- Dr Samantha L Fee
- Dr David C Watkins
- Dr RS Prabu

For further information contact: Donald AD Macleod, Chairman, Intercollegiate Academic Board of Sport and Exercise Medicine

www.basem.co.uk

The British Association of Sport and Exercise Medicine has launched its new website—www.basem.co.uk. The site provides information about the educational opportunities in sport and exercise medicine and advice to those wishing to become involved in this area.

Interested in Sports Medicine? Gain a higher degree from Australia's leading University

The Centre for Sports Medicine Research and Education is a multidisciplinary Centre located in the Faculty of Medicine, Dentistry and Health Sciences at the University of Melbourne, Australia. It combines world-class researchers and clinicians working in the area of sports medicine.

Research Higher Degrees

The Centre offers Doctor of Philosophy (PhD), Master of Sports Medicine, Master of Physiotherapy, Master of Science, and Doctor of Medicine degrees. These are available to graduates of health and medical science courses such as physical therapy, medicine and human movement.

Educational programme

The Centre offers a one month full time Postgraduate Certificate in Sports Physiotherapy: spine, pelvis, and lower limb. Instructors are leading clinical experts and researchers in the multidisciplinary approach to sports medicine. The Certificate will run from Nov 4–29 in 2002.

Please contact: A/Professor Peter Brukner: p.brukner@unimelb.edu.au (Research Degrees), A/Professor Kim Bennell: k.bennell@unimelb.edu.au (Research Degrees), Mr Henry Wajswelner: h.wajswelner@unimelb.edu.au (Certificate Courses).

www.physioth.unimelb.edu.au/csmre

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Web site: www.med.unsw.edu.au/sportsmed