



The Female Athlete, 1e

By Mary Ireland; Aurelia Nattiv

Saunders, 2003. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: I. History of Female Athletic Participation 1. The Impact of the Female Athlete: From Sojourner to Tegla 2. Historical PerspectiveOlympic Participation 3. Epidemiology of injury at West Point II. Psychology and Motivation 4. Social and Psychological Aspect of Athletic Participation 5. Psychology and Motivation of the Female Athlete 6. Optimizing Performance in Team Sport for Female Athletes: An Exploration of Gender Specific Physchological Differences and Their Effect on Athletic Performance in Team Sports III. Performance Issues 7. Performance in the Context of Growth and Maturation 8. Development of Studies and Wellness: The Texas Experience 9. Nutrition 10. Substance Abuse 11. Sports Supplements and Ergogenic Aids IV. Age Specific Conditions 12. Growth and Development 13. Osteoporosis 14. Total Hip and Knee Arthroplasty in Active Women V. Obstetric/Gynecologic Conditions 15. Gynecologic Problems 16. Menstrual Dysfunction 17. Exercise-Associated Amenorrhea and Leptin 18. Sexually Transmitted Diseases 19. Hormonal Disorders 20. The Breast: Disorders and Injury 21. Contraception 22. Fertility 23. Pregnancy: Physiology and Exercise 24. Return to Activity Postpartum VI. General Medical Conditions 25. Preparticipation Physical Examination 26. The Female Athlete Triad 27. Disordered Eating 28. Anemia 29....



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Reviews

Extensive information for book fans. It is writter in basic words and never hard to understand. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- Otis Wisoky

This publication is great. It is full of wisdom and knowledge You will not really feel monotony at at any time of the time (that's what catalogs are for relating to when you ask me).

-- Dr. Everett Dicki DDS