## DESCRIPTION

Endurance in Sport is a comprehensive and authoritative work on all aspects of this major component of sports science. The book also embraces medical and sport-specific issues of particular relevance to those interested in endurance performance. The scientific basis and mechanisms of endurance - physiological, psychological, genetic and environmental - are all considered in depth. Measurement of endurance is extensively reviewed as is preparation and training for physical activities requiring endurance.

## ABOUT THE AUTHOR


**Per-Olof Astrand** was a Swedish professor of physiology at the Royal Gymnastic Central Institute in Stockholm 1970-1977, and 1977-1988 at the Karolinska Institute in Stockholm, Sweden, and a member of the Nobel Assembly at Karolinska Institutet.

## FEATURES

- completely revised and updated

- contributions from current leaders in their respective fields
* in-depth coverage of the scientific basis and mechanisms of endurance - physiological, psychological, genetic and environmental

* measurement of endurance is extensively reviewed

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The Encyclopaedia of Sports Medicine

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