



Applied Sports Medicine For Coaches

James H. Johnson, Esther M. Haskvitz, Barbara A. Brehm

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The first sports medicine book written specifically for coaches, this textbook provides the knowledge necessary to integrate optimal performance training with an injury prevention program. Coaches will learn how to recognize the causes and symptoms of overtraining and prevent its occurrence; help athletes deal with the psychological effects of injury; and encourage a healthy lifestyle with nutrition, fluid intake, and weight control guidelines. Moreover, the book helps coaches communicate with health professionals and understand the nature of an injury, its treatment, and the injured athlete's limits and rehabilitation needs.

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Cynthia Kipp:

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