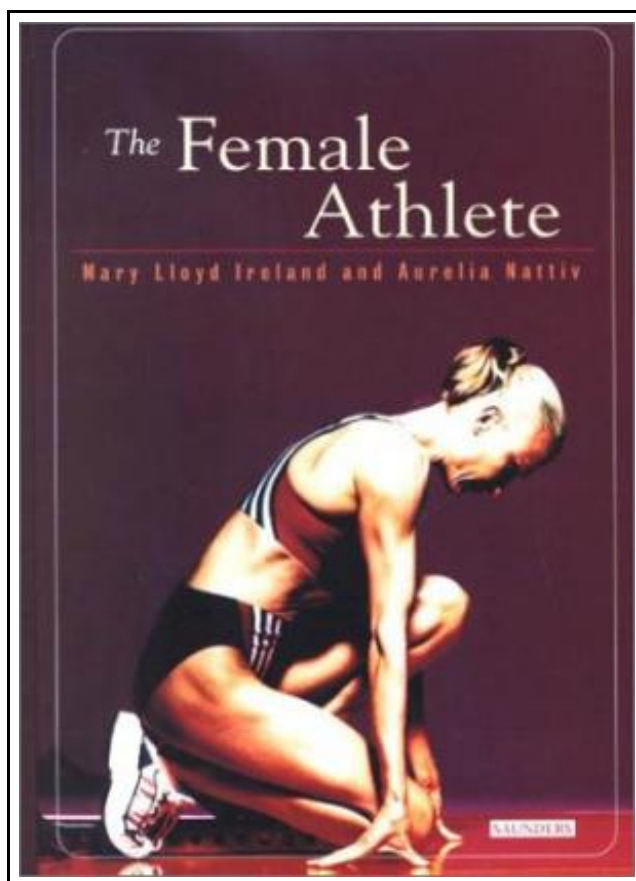


The Female Athlete, 1e



Filesize: 8.06 MB

Reviews

The ebook is straightforward in go through preferable to recognize. It typically does not charge too much. Its been designed in an exceptionally straightforward way and it is just following i finished reading this book where basically altered me, affect the way i really believe.

(Dr. Reta Murphy)

THE FEMALE ATHLETE, 1E



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 Perspective Olympic 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. Cardiac Concerns 30. The Physically Challenged Athlete VII. Orthopaedic Conditions 31. Stress Fractures 32. Soft Tissue Injuries 33. Thoracic and Lumbar Injuries 34. Pelvis and Hip Injuries 35. Knee Injuries 36. Foot and Ankle Injuries 37. Head and Neck Injuries 38. Shoulder Injuries 39. Elbow Injuries 40. Hand and Wrist Injuries VIII. Rehabilitation and Strength Issues 41. Sport-Specific Rehabilitation Programs 42. Rehabilitation Concerns Lower Extremity 43. Rehabilitation Concerns Upper Extremity 44. Evaluation of Strength 45. Proprioception Testing and Practical Use: Upper and Lower Extremity 46. Upper and Lower Extremity Strength Training IX. Sport Specific Conditions 47. Basketball 48. Cheerleading 49. Cycling and...



Read The Female Athlete, 1e Online



Download PDF The Female Athlete, 1e

Other Books



Grandpa Spanielson's Chicken Pox Stories: Story #1: The Octopus (I Can Read Book 2)

HarperCollins, 2005. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: Foreword by Raph Koster. Introduction. I. EXECUTIVE CONSIDERATIONS. 1. The Market. Do We Enter the Market? Basic Considerations. How...

[Read Book »](#)



The Web Collection Revealed, Premium Edition: Adobe Dreamweaver CS6, Flash CS6, and Photoshop CS6 (Stay Current with Adobe Creative Cloud)

Cengage Learning, 2012. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: You can now maximize and integrate the design and development power of Adobe Creative Suite 6 with WEB...

[Read Book »](#)



Star Flights Bedtime Spaceship: Journey Through Space While Drifting Off to Sleep

CreateSpace Independent Publishing Platform, 2013. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: "Star Flights Bedtime Spaceship" is a charming and fun story with the purpose to help children...

[Read Book »](#)



Maisy's Christmas Tree

Candlewick, 2014. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: The final scene of the gang caroling around the tree, complete with paper crowns from British Christmas crackers, is...

[Read Book »](#)



TJ new concept of the Preschool Quality Education Engineering the daily learning book of: new happy learning young children (3-5 years) Intermediate (3)(Chinese Edition)

paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment. Paperback. Pub Date :2005-09-01 Publisher: Chinese children before making Reading: All books are the...

[Read Book »](#)