



## Handbook of Cross-Country Skiing: Olympic Handbook of Sports Medicine

By -

John Wiley and Sons Ltd, United Kingdom, 2008. Paperback. Book Condition: New. 240 x 188 mm. Language: English . Brand New Book. The Handbooks of Sports Medicine and Science present basic clinical and scientific information in a clear style and format as related to specific sports events drawn from the Olympic Summer and Winter Games. Each handbook is written by a small team of authorities co-ordinated by an editor who is internationally respected and recognised in the particular sport activity. Each volume presents up-to-date information on the basic biology of the sport, conditioning techniques, nutrition, and the medical aspects of injury prevention, treatment, and rehabilitation. This Handbook will constitute the most complete and authoritative source of information in existence as regards the scientific and clinical aspects of cross country skiing: physiology, nutrition, biomechanics, injury prevention, treatment and care of medical problems, and conditioning for competition.



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