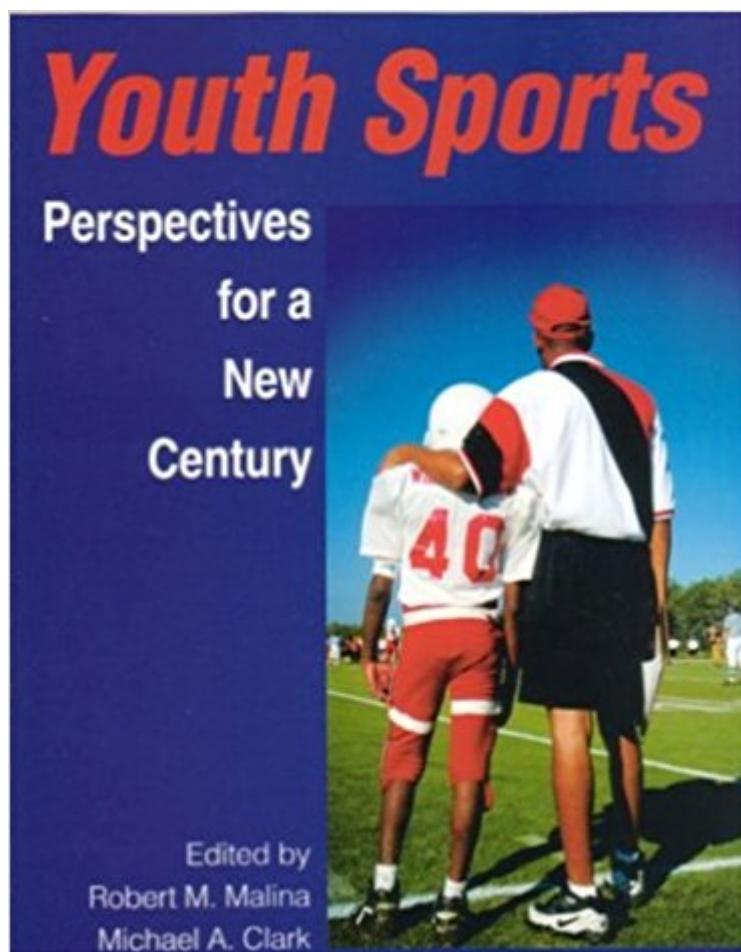


The book was found

Youth Sports: Perspectives For A New Century



Synopsis

Proceedings of a conference hosted by the Institute for the Study of Youth Sports at Michigan State University, 23-26 May 1999. Youth Sports—Perspectives for a New Century presents a unique blend of discussions of organized sport for children from the research and applied perspectives. The first part of the volume offers comprehensive discussions of biological and health-related issues in youth sports: Growth and maturation, regulation of puberty, cardiac characteristics, dehydration and rehydration, responsiveness to training, injury profiles, and genetic advances in the sport sciences. The second part of the volume offers corresponding discussions of social and psychological issues in youth sports: Social influences, parental roles, attrition and dissatisfaction, anxiety, overtraining and burnout, moral dimensions, and abuse of power.

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Customer Reviews

This book contains a good set of guidelines and perspectives for the parents and coaches of youth sports. Athletics is very important to many kids and parents. Keeping a perspective for many families is the key to success and happiness. Good examples in the book. For more conditioned focus on a particular sport, seek another avenue. Nice job on the subject. Tom Hull New York Binghamton Director of Athletics Youth Sports Commissioner - Basketball, Softball, Training

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