

Bibliography

THE LONG DISTANCE RECORD BOOK by Andy Milroy, Road Runners Club publication, 10, Lyneham Way, Ashton Park, Trowbridge + Wiltshire BA14 7DR (GBR). 57 pages, in English Price £1.50.

As introduction to Mr. Milroy's compilation of record bests in long distance running events, he has written an interesting account of the introduction of running in man's history. Following this, he has noted outstanding performances of both men and women in marathons of all lengths and durations.

A COMMENTARY TO THE RULES OF AIBA by Emil Jechev and Karl-Heinz Wehr. Nov. 1980. Edited by the Office of the World Amateur Boxing Magazine. GDR 1137 Berlin-Friedrichsfelde, Postamt Volkradstr., postlagernd. 66 pages in English.

Having received favourable response to their first edition written in 1977, Mssrs. Jechev and Wehr have revised and added explanations to the new rules and amendments adopted at the AIBA Congress held at Madrid in 1978.

COACHING YOUNG ATHLETES by Drs. Rainer Martens, Robert W. Christina, John S. Harvey, and Brian J. Sharkey Published by Human Kinetics. Box 5076, Champaign, IL 61820, USA. Price : 12.00 (US). 200 pages, in English.



This comprehensive book, "written (America's) leading experts in sport psychology, sports medicine, and sport administration... is a must for all those concerned about young people and sport". Chapters are devoted to communication skills, principles of training and teaching sports skills, along with medical and nutritional guidelines. Any possible questions that might arise are answered precisely such as prevention and rehabilitation of sports injuries, legal duties of the coach and including parents in a role so as to assist in the overall support of the young athlete.

GRUNDLAGEN DES SPORTLICHEN TRAININGS (the essentials of sports training) by L. P. Matwetew, methods professor Edited by Sportverlag, Neustädtische Kirchstrasse 15, Postfach 1218, Berlin (GDR), 1981, 256 pages, in German.

This book is the fundamental manual of every coach in the USSR. For the first time it has been published in German. The introduction is a general presentation about coaching and the many different methods used. Afterwards the structure and preparations involved in coaching are explained in great detail.

WOMEN AND SPORT IN WEST GERMANY - A German Federal Institute for Sport Study - Published by Karl Hofmann, 7060 Schorndorf, (FRG) in 1978. 73 pages, in German and English

This report was originally prepared and published in German in 1978. It has recently been translated into English and contains surveys and their results undertaken in 1965 and 1978. The four major topics covered are: limits and possibilities of international comparisons, trends in participation of women in sport, school and sport, and women in sports clubs.

MALA ENCYKLOPEDIA. TELESNEJ VYCHOVY A SPORTU (A Brief Encyclopedia of Sports) Collected under the direction of Jaromir Perutka Published by Sport-Obzor. Bratislava (TCH). 1980, 729 pages, in Czech.

The evolution and development of sport from antiquity to the present is recounted in this book by designs, graphics and photographs. The history and techniques of all practised sports are represented.

'SPORT FOR ALL' PROGRAMS THROUGHOUT THE WORLD by Prof. Peter McIntosh, November 1980. 69 pages, in English UNESCO, Place Fontenoy. 75007 Paris, France.

This report was prepared for the International Council of sport and Physical Education for submission to UNESCO. It charts and analyses progress made by Governments in the Sport for All campaign. Because of the limitations on time to prepare this work, and also given specifics by UNESCO, Prof. McIntosh selected 34 countries-ranging in different sizes, climates, political and social systems-to receive a questionnaire to discover "relevant examples of work and programme actions" asked by UNESCO. He has tabulated the responses, deftly drawn conclusions and offers recommendations for further promotion of the Sport for All movement.

OXYGÈNE A LA CARTE. GRANDE FORME ET SANTE PAR LA METHODE AEROBIE (Oxygen a la carte. Excellent shape and health by the

aerobic method). By Dr. K. Cooper, published by SDT, 77190 Dammarie les Lys (FRA), 1981. 255 pages, in French.



To increase one's oxygen level, it is necessary to ward off sickness and in particular cardio-vascular problems. Dr. Cooper, the inventor of "jogging" describes how and why breathing is all too often neglected and vitally important. He proposes in his book a series of tests and exercises for each person according to his age.

DEMOCRATISATION DU SPORT: MYTHE OU REALITE? (Democratisation of Sport Legend or Fact?) by Yves le Pogam. Published by Jean-Pierre Delarge, Paris (FRA). 1979. 248 pages. in French.

Is there any relationship between the practice of sport and the different classes of society? This question asked by the author leads him to make a detailed analysis of the social conditions governing the pursuit of sport in France.

AFFICHES SPORTIVES EN BELGIOUE 1890-1940 (Sports Posters in Belgium 1890-1940) Catalogue published by Communal Credit of Belgium. 44, boulevard Pacheco, 1000 Brussels (BEL). 1981 143 pages, in French

This catalogue was created for an exposition organised by the Communal Credit which was held in Brussels from the 1st of December, 1981 through the 10th of January, 1982. Each poster is accompanied by written commentaries of Marie-Laurence Bernard and Fabienne Dumont. The great poster artists of this century have utilised their talents in the context of sports.

LE JUGE-ARBITRE. RÉGLEMENTS INTERNATIONAUX ET NATIONAUX (The Judge-Referee National and International Regulations) presented and commented upon by Robert Blanchet. Published by the French Athletics Coaches Association. 2nd edition, 1981. 319 pages, in French.

Athletics (track and field events) are a rigorous sport and are controlled by measuring instruments eliminating human evaluation. The judgement of officials is fundamental in applying the specific rules to each discipline, in regards to supervising the installations, equipment and courses. This book supplies to-the-letter information and regulations for the judges and referees.

