

**POSTES, PHILATÉLIE
ET OLYMPISME**

**POST, PHILATELY AND
OLYMPISM**



VOLUME II HAS NOW BEEN PUBLISHED



**COMITÉ INTERNATIONAL OLYMPIQUE
INTERNATIONAL OLYMPIC COMMITTEE**



VOLLEY DOMANI (Volleyball tomorrow), edited by the Italian Volleyball Federation, Viale Tiziano, 70/00100 Roma (ITA), 1986. 131 pages in Italian. Price : L. 50 000.—.

The wonderful world of volleyball tomorrow. Based on the World Junior Championships which took place in Italy in September 1985, this work presents a panoramic view of a whole generation of promising players who will be the world volleyball stars of the future.

MICROELECTRONICS IN THE SPORT SCIENCES, by Charles F. Ciccirella, published by Human Kinetics Publishers Inc., Box 5076, Champaign, Illinois 61820 (USA), 1986. 112 pages in English. Price : US \$12.—.

A practical guide to understanding and constructing equipment for the study of sport. After a detailed explanation of basic digital electronics and circuit design, the author demonstrates the usefulness of this science for calculation, logic and timing operations in research into human performance in general and sports performance in particular.

SENSIBLE FITNESS by Jack H. Wilmore, published by Human Kinetics Publishers Inc., Box 5076, Champaign, Illinois 61820 (USA), 1986. 312 pages in English. Price : US \$11.95.

Towards a healthy lifestyle. This book is an original approach to the creation of an all-round fitness programme. It explains the benefits of an active life, techniques of muscular and cardio-respiratory development, the importance of flexibility, methods of prevention and treatment of injuries in sport and the influence of factors such as age, sex and diet on health.

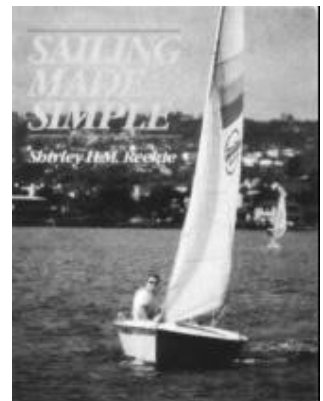


CULTURAL DIMENSIONS OF PLAY, GAMES AND SPORT, edited by Bernard Mergen, published by Human Kinetics Publishers Inc., P.O. Box 5076, Champaign, Illinois 61820 (USA). 10th volume by the "Association for the Anthropological Study of Play" (TAASP), 1986. 224 pages in English. Price : US \$25.—.

This is a new approach to play as a reflection of American culture. The 19 texts presented in this work reveal the role of play in society and demonstrate that games or sports can sometimes be indicative of the values and needs of the Individual.

SAILING MADE SIMPLE, by Shirley H.M. Reekie, published by Human Kinetics Publishers Inc., Box 5076, Champaign, Illinois 61820 (USA), 1986. 168 pages in English. Price : US \$13.95.

This book is designed to give a faster, safer and more complete introduction to sailing. The author first presents the essential elements : the boat, the dynamics of navigation and safety precautions, then goes on to define basic practical techniques, illustrating them with diagrams and drawings. The reader will find the American and English glossaries of navigational terms very helpful.



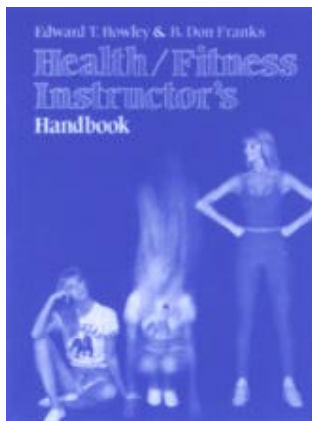


CHOREOGRAPHY: A BASIC APPROACH USING IMPROVISATION by Sandra Cerny Minton, published by Human Kinetics Publishers Inc., Champaign, Illinois 61820 (USA), 1986. 144 pages in English. Price: US\$10.95.

This work, the fruit of 18 years of practising and teaching dance, helps the reader gain a better understanding of the way a dance is created, the music selected and improvisation and interpretative elements such as light and costumes are integrated to make a whole. There is a useful glossary at the end of the book.

HEALTH/FITNESS INSTRUCTOR'S HANDBOOK by Edward T. Hawley and B. Don Franks, published by Human Kinetics Publishers Inc., Box 5076, Champaign, Illinois 61820 (USA), 1986. 400 pages in English. Price : US \$26.—

This is a book of answers to all questions concerning exercise, nutrition and prophylaxis. In this work, the authors set out to provide an introduction to the fundamental principles of fitness, exercise physiology and kinesiology. Suggestions for test and activities form the practical part of this guide which no instructor or student wishing to learn of the latest advances in the field will want to be without.



DIABETIC'S GUIDE TO HEALTH AND FITNESS by Kris E. Berg, published by Human Kinetics Publishers Inc., P.O. Box 5076, Champaign, Illinois 61820 (USA). 1986. 261 pages in English. Price : US \$11.95.

An authoritative approach for diabetics wishing to lead an active life. Kris Berg is the author of over 50 articles on sports medicine, physiology and diabetes. In this hook, written in a clear, concise style, the author combines his

personal experiences as a diabetic and his professional experience as a physiologist.

BIOCHEMISTRY OF EXERCISE VI: METABOLIC REGULATION AND ITS PRACTICAL SIGNIFICANCE, edited by Bengt Saltin, published by Human Kinetics Publishers Inc., Box 5076, Champaign, Illinois 61820 (USA), 1986. Volume 16. 588 pages In English. Price : US \$49.00.—.

This substantial work is a report of the proceedings of the 6th International Symposium on the biochemistry of exercise held in Copenhagen in 1985. The 43 texts it contains cover topics relating to genetic control and protein synthesis in skeletal muscle, metabolic regulation during exercise, comparative physiology, muscle mechanisms and adaptation to exercise and rest.

SWIMMING FOR SENIORS by Edward J. Shea, published by Human Kinetics Publishers Inc., Box 5076, Champaign, Illinois 61820 (USA), 1986. 142 pages in English. Price : US \$9.95.

This hook is about improving the quality of life for older people through the practice of sport. The author, who is 71 years old, has put together his fitness programme on the basis of research in the fields of biomedicine and social and behavioural sciences. This research has shown that regular exercise can slow down the physiological process related to ageing. All the basic movements are presented and explained with the aid of clear and precise illustrations.

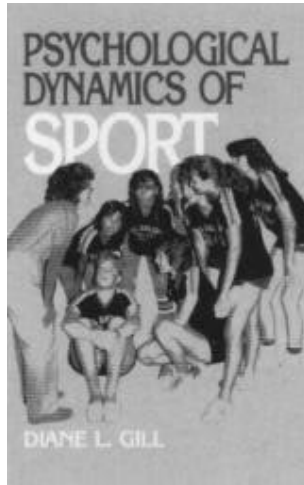
PSYCHOLOGICAL DYNAMICS OF SPORT, by Diane L. Gill, published by Human Kinetics Publishers Inc., Box 5076, Champaign, Illinois 61820 (USA), 1986. 303 pages in English. Price : US \$23.95.

This book provides a detailed analysis of sports psychology, a science which concentrates on the psychological aspects of human behaviour in sport and exercise. After an introduction to the historical and legal aspects of the subject, the author goes on to present a variety of phenomena which influence sports performances, for instance personality, motivation, society, group dynamics... The author's observations and explanations are backed up with numerous references, diagrams and tables.

PSYCHING FOR SPORT - MENTAL TRAINING FOR ATHLETES AND COACHES' TRAINING MANUAL TO PSYCHING FOR SPORT, by Terry Orlick, published by Human Kinetics Publishers Inc., Box 5076, Champaign, Illinois 61820 (USA), 1986. 328 pages in English. Price : US \$19.95.

This is a guide to help coaches work with their athletes on the development of psychological techniques in sports competition. "Psyching for Sport" is an athletes' guide to the logical implementation of a programme based on the pleasure of competition and the control of thoughts and emotions. The "Coaches' training manual" provides coaches with the methods and techniques for developing a programme of mental training with their teams.

CHILDREN AND EXERCISE XII, edited by Joseph Rutenfranz, Rolf



Mocellin and Ferdinand Klimt, published by Human Kinetics Publishers inc., Box 5076, Champaign, Illinois 61820 (USA). 17th volume in the series "International Series on Sport Sciences", 1986. 432 pages in English. Price : US \$32.—.

This is the report on the 12th symposium on the physiology of paediatrics, held at Hardehausen (FRG) in September 1985. The participants examined research into the effects of physical activity on children. Among the important subjects discussed were physical activity in general, training and risk indicators and respiration.

BUCKEYE FOOTBALL FITNESS by Steve Bliss, published by Human Kinetics Publishers Inc., Box 5076, Champaign, Illinois 61820 (USA), 1986. 368 pages in English. Price : US \$12.95.

In this book which gives a complete analysis of the physical and psychological fitness programme of the University of Ohio football team, the reader will find not only descriptions of the warm-up, training and running techniques, but also an explanation of the important roles played by dietetics and the motivation of the young player.

INTERNATIONAL ATHLETICS ANNUAL 1986 (1986 Book of International Athletics), published by London & International Publishers Limited, 49, St. James's Street, London SW1A 1JT (GBR), 1986. Price: £9.95 (11 to 50 copies: 35% reduction. over 50 copies : 50% reduction on published price).

This is an indispensable work of reference for all those who follow track and field. In it, the reader will find lists established by the Association of Track and Field Statisticians), comments on the various disciplines and numerous photographs illustrating the texts.

ACTA FACULTATIS EDUCATIONIS PHYSICAE UNIVERSITATIS KOMENSKYANAE (Report of the Physical Education Faculty of the University of Komensky), published by the University of Komensky, Nábr. arm. gen. L. Svobodu 9, 886 21 Bratislava (TCH). Volume XXVI, 1985. 255 pages in Slovak.

This collection of scientific papers presents information and analyses on a wide range of themes including innovations in the teaching at the University of komensky, historical aspects, the various research projects being carried out in the faculty, the theory and practice of physical culture and the work of the Slovakian Education Ministry's centre for high-level athletes.