

BIBLIOGRAPHY

SHAPING UP FOR A HEALTHY PREGNANCY, by Barbara B. Holstein, published by Human Kinetics Publishers Inc., Box 5076, Champaign, Illinois 61820 (USA), 1988. 240 pages in English. Price: US \$22.—.

“Through education, our task is to help women to take in everything that they learn and feel during the months of their pregnancy. We must learn to work together with caution and consideration in order to unite the physical and emotional experience of pregnancy and to reduce the separation of body, soul and spirit.” In this way the guide provides educators with numerous exercises and helps them to provide personal, social, medical and educational support to pregnant women. All the explanations given are accompanied by illustrations.

THE THIN PLAN — AN HONEST ALTERNATIVE TO ROLLER COASTER WEIGHT LOSS, by Michael D. LeBow, published by Human Kinetics Publishers Inc., Box 5076, Champaign, Illinois 61820 (USA), 1988. 184 pages in English. Price: US \$9.95.

With this book readers will discover a simple and logical diet method which will help to give them better control over, or even to change their eating and exercise habits. This reference work includes numerous illustrations.

CHILDREN IN SPORT, by Frank L. Smoll, Richard A. Magill and Michael J. Ash, published by Human Kinetics Publishers Inc., Box 5076, Champaign, Illinois 61820 (USA), 1988. 3rd edition. 372 pages in English. Price: US \$25.—.

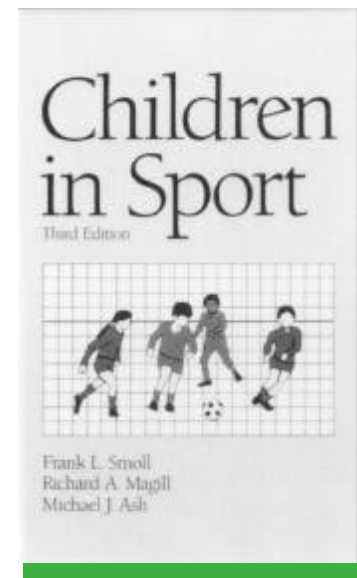
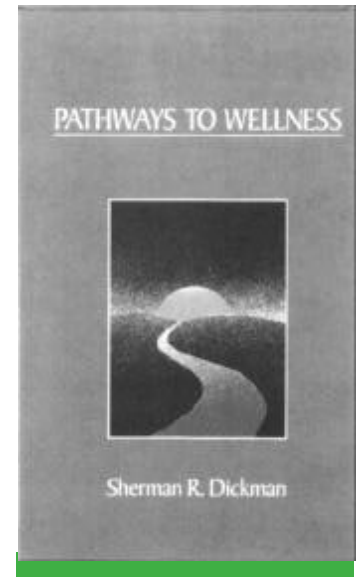
This collective work introduces new directions in the study of sports practice by children. It provides detailed insights into the sexual differences in sports participation, motivation, aptitudes for collaboration between children, and the injuries which occur most frequently. This third volume also deals with the history, current situation and future of sport for young people in the USA and Canada, and the anatomical, physiological and social problems associated with the practice of sport by children.

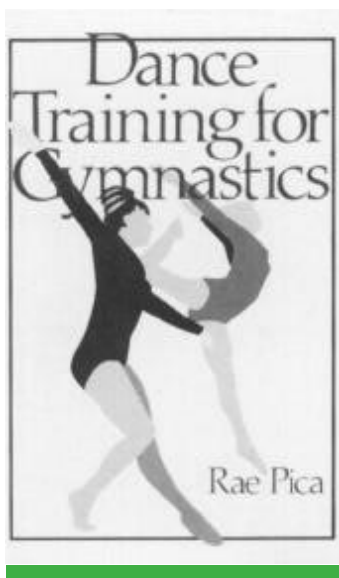
PATHWAYS TO WELLNESS, by Sherman R. Dickman, published by Human Kinetics Publishers Inc., Box 5076, Champaign, Illinois 61820 (USA), 1988. 584 pages in English. Price: US \$34.—.

This book will make it easier for the reader to evaluate and interpret scientific or non-scientific information about well-being. The author includes a great deal of information on the role of stress, nutrition, physical health, weight, blood pressure cardiovascular rhythm, etc. and the way these relate to how people feel.

NEUROMECHANICAL BASIS OF KINESIOLOGY, by Roger Enoka, published by Human Kinetics Publishers Inc., Box 5076, Champaign, Illinois 61820 (USA), 1988. 352 pages in English. Price: US \$29.—.

The objective of this book was to give a scientific base to the study of human movement and to provide a clear definition of related terms and concepts. In the book, the author attempts to analyse the fields of mechanical science and neuromuscular physiology in a quest for a better understanding of human movement. Accompanying diagrams illustrate this new inter-disciplinary specialist study.





DANCE TRAINING FOR GYMNASTICS, by Rae Pica, published by Human Kinetics Publishers Inc., Box 5076, Champaign, Illinois 61820 (USA), 1988. 160 pages in English. Price: US \$20.—.

“Gymnastics is both a sport and an art.” With this book the gymnast, coach and reader will discover the role of dance within gymnastics. The origins of ballet, modern dance, jazz dance and folk dance together with their applications to gymnastics are clearly and interestingly presented and explained. Drawings and photographs illustrate the numerous definitions, checklists and extensive general information provided in this work.

YOUNG ATHLETES: BIOLOGICAL, PSYCHOLOGICAL AND EDUCATIONAL PERSPECTIVES, Ed. Robert M. Malina, published by Human Kinetics Publishers Inc., Box 5076, Champaign, Illinois 61820 (USA), 1988. 312 pages in English. Price: US \$32.—.

A collection of texts presented at the International Congress on Children and Sport held in Urbino (ITA) in October 1984. The lecturers, of international renown, have explored the biological, psychological and educational aspects of sport for young people. The growing-up process, bodily composition, nutrition, anxiety, coaching and performance are amongst the diverse subjects investigated in this work.

MEDICAL AND SCIENTIFIC ASPECTS OF CYCLING, by Edmund R. Burke and Mary Margaret Newsom, published by Human Kinetics Publishers Inc., Box 5076, Champaign, Illinois 61820 (USA), 1988. 272 pages in English. Price: US \$28.—.

With this work the reader will find 24 texts presented in 1986 at the World Congress on the medical and scientific aspects of cycling held at Colorado Springs (USA). Biomechanics, physiology, psychology, nutrition, injuries and their treatment are some of the subjects explored and illustrated with numerous diagrams and drawings.

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