



# **Handbook of Sports Medicine and Science, Swimming (Olympic Handbook Of Sports Medicine)**

*David L. Costill, Ernest W. Maglischo, Allen B. Richardson*

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**Handbook of Sports Medicine and Science, Swimming (Olympic Handbook Of Sports Medicine)** David L. Costill, Ernest W. Maglischo, Allen B. Richardson

Written by a sports scientist, a coach and a physician, this text is authored by a team with personal experience as competitive swimmers, in research productivity, coaching success, and the medical care of high performance swimmers and swimming teams. It has been written primarily for athletics trainers and team coaches, but is also intended as a specialist reference for doctors, allied health professionals and for athletes themselves. Chapters cover the characteristics of swimming, including important concepts in propulsion, functional anatomy, physiology, biochemistry, biomechanics and psychology. Also included are the principles and aims of nutrition, injury including risks, mechanisms of injury, prevention, immediate care, treatment, rehabilitation and return to training.

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