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Salem Press Announces the newest Volume in *The Principles of Science Series,* *Sports Medicine & Exercise Science*

Salem Press is pleased to add *Principles of Sports Medicine & Exercise Science* to its well-established *Principles of Science* series. This resource introduces students and researchers to the fundamentals of fire science using easy-to-understand language, to provide a solid background, and help readers develop a deeper understanding and appreciation of this important and evolving subject.

This new resource explores the world of sports fitness, injury, and rehabilitation, introducing readers to important topics in easy-to-understand language. Achieving optimum fitness levels, whether for the professional athlete or for the amateur enthusiast, requires knowledge of human anatomy and a basic understanding of the effects of exercise, injury, and nutrition on the body. Treatments, diagnostic tools, sports-related careers, and athlete doping scandals round out the discussion of this perennially popular topic. This volume offers amateur athletes and students who want to learn about the complexities of sports medicine and exercise science a solid and accessible introduction.

Principles of Sports Medicine & Exercise Science includes 163 entries arranged in A to Z order to help make finding a topic of interest easy. Entries related to basic principles and concepts include a list of the Fields of Study covered by the article; an Abstract that provides a brief, concrete summary of the topic and its significance; a list of Key Concepts with definitions, important to a proper understanding of the topic; and a detailed Essay that provides extensive background on the topic and explores its significance to the field of sports medicine and exercise science; and a list of Further Reading for those who wish to pursue the topic in more depth.

Entries in *Principles of Sports Medicine & Exercise Science* range from one to five pages in length. Topics discussed include:

- Bones and the Skeleton
- Exercise Physiology
- Motor Skill Development
- Nutrition
- Tendon Disorders
- Anti-Inflammatory Drugs
- Athlete Drug Testing
- Genetic Engineering
- Steroid Abuse
- Kinesiology

- Exercise Addiction
- Sociology of Sports
- Transgender College Athletes
- Cardiology
- Physical Therapist
- Podiatry

This volume also includes several helpful appendixes, including:

- A Glossary that defines all the key specialized terms used throughout the book
- A comprehensive list of Further Reading, comprising all the works that the authors drew upon in writing their articles as well as subjects for further study
- A Subject Index, that offers multiple points of entry for the reader

With 163 essays, this new volume will give readers an overview of the major concepts and contemporary issues surrounding the study of sports medicine and exercise science. Designed for students and researchers, this volume provides a fitting entry into a better understanding of this interesting yet complex subject of sports medicine and exercise science. This will be a helpful addition to science programs at the high school, community college, and university levels, and is a must for students with an interest in computer-aided design at the high school and undergraduate levels.

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Principles of Sports Medicine & Exercise Science

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