Sports Women

Medicine and Sport Science

Founder and Editor from 1969 to 1984
E. Jokl, Lexington, Ky.

Vol. 24

Series Editors
M. Hebbelinck, Brussels
R.J. Shephard, Toronto


Sports Women

Volume Editor
Marlene J. Adrian, Urbana, 111.

14 figures and 14 tables, 1987


Medicine and Sport Science

Published on behalf of the Research Committee of the International Council of Sport Sciences and Physical Education

Library of Congress Cataloging-in-Publication Data
Sports women.
(Medecine and sport science; vol. 24)
Includes bibliographies and index.
I. Adrian, Marlene, 1933. II. Series.
ISBN 3-8055-4501-0
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Printed in Switzerland by Merkur Druck AG, Langenthal
ISBN 3-8055-4501-0

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Foreword

Although not the traditional sports medicine collection of papers, this volume includes the traditional, as well as the broader perspective of sports medicine, that of the health and well-being of girls and women engaging in physical activity and sports. Achievements in sports by women are strongly influenced by the opportunities available and the philosophical approach of the role of sports in the lives of women. Thus, it is important, not only to understand the biological factors shaping the sportswoman, but also the socio-psychological factors that impact upon the biological state to mold the physical and mental health and well-being of women. In this volume such research and reviews of research are included.