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# Science And Football V: The Proceedings Of The Fifth World Congress On Sports Science And Football (v. 5)



## **Synopsis**

Science and Football V presents the edited papers from the Fifth World Congress on Science and Football that took place in Portugal in April 2003. The collection represents the latest scientific research into the variety of sports known as football such as association football; rugby codes (Union and League); national codes (American, Australian and Gaelic). A recurring theme for this series of conferences has been a commitment to bridge the gaps between theory and practice in the service of the promotion of high quality applied football science. The book is clearly structured into nine parts and focuses on the following key issues: introductory keynote address biomechanics and mechanics fitness test profiling of footballers performance and match analysis football medicine football training paediatric exercise science physiology and nutrition behavioural and social sciences. This collection provides valuable information for coaches, players, trainers, managers, medical and support staff, and scientific workers concerned with the range of football codes.

## **Book Information**

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## **Customer Reviews**

Liverpool John Moores University, UK Technical University of Lisbon, Portugal

If you are studying sport science and are interested in the different football codes then you need to have access to this book. Whether you spend \$200 on it is another story, but it is by far the most comprehensive collection of current research in the respective sports. A complaint that I have with the collection is how brief the research articles are. There is good reason for this though, as it is

already over 600 pages long, even with the short research summaries. Much of the research presented is not available elsewhere so again, it is important that you have access to a copy through a library or a purchase. Thomas Reilly sadly passed away since editing this edition which is a massive loss to the world of sport science, but all the fine literature, resources, and students that he leaves behind will be his legacy.

As with the earlier volumes, there are chapters dealing with the physiology, biomechanics, and physical fitness of players. However, this volume has some specialized information. The effects of circadian rhythms on soccer players are studied. A number of chapters examine the spin and speed of the soccer ball after it is kicked. One chapter investigates the effects of head-soccer impacts, both unintentional and intentional, on the head and neck. There are more chapters on pediatric soccer than found in the earlier volumes of this series. Finally, this volume has more of an emphasis on Third World soccer than the earlier volumes.

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