Training and Coaching the Paralympic Athlete. Olympic Handbook Of Sports Medicine

Description: The tremendous amount of international attention on exercise and sports for the disabled, and the performance of Paralympic athletes, has enhanced the need for the publication of related scientific and clinical information.

Part of the esteemed IOC Handbook of Sports Medicine and Science series, this new volume on Training and Coaching the Paralympic Athlete will be athlete-centred with each chapter written for the practical use of medical doctors and allied health personnel. The chapters also consider the role of medical science in the athlete’s sporting career and summarize current international scientific Paralympic literature.

As part of the approach that emphasizes the training and coaching of the athlete the book’s content is written in clear and understandable manner also designed for use by the athletes themselves, and their trainers, and coaches.

This book firstly provides an introduction to the Paralympic movement then includes discussion of the Paralympic sports science encompassing biomechanics, physiology, psychology and medical concerns specific to athletes with disabilities. A multi-disciplinary team discuss Classifications for athletes with physical, visual, and intellectual impairment and include a chapter on the use of technologies to monitor and maximize Paralympic athletes’ performance. Specific cases studies discussing the contribution of sport science to performance for three sports, Wheelchair Rugby, Swimming, and Nordic Skiing, provide an in-depth look at the processes and practices that contribute to Paralympic sporting success.

- Provides a concise, authoritative overview of the science, medicine and psycho-social aspects of training and coaching disabled and Paralympic athletes
- Offers guidance on medical aspects unique to the training and coaching of Paralympic athletes
- Endorsed by both the International Olympic Committee (IOC) and the International Paralympic Committee (IPC)
- Written and edited by global thought leaders in sports medicine

An ideal resource for health care providers, medical doctors, allied health personnel, physical and occupational therapists, nutritionists, and sports scientists working with disabled and Paralympic athletes internationally for all sports and all levels of competition. This book is also a relevant and useful resource for athletes, trainers, and coaches and serves as an excellent text and reference material to undergraduate and graduate courses.

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