

Handbook of Sports Medicine and Science, Cross Country Skiing



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Each volume presents up-to-date information on the basic biology of the sport, conditioning techniques, nutrition, and the medical aspects of injury prevention, treatment, and rehabilitation.

This Handbook will constitute the most complete and authoritative source of information in existence as regards the scientific and clinical aspects of cross country skiing: physiology, nutrition, biomechanics, injury prevention, treatment and care of medical problems, and conditioning for competition.

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