library that had an interest in the area, from the administrator or researcher through to the sports medicine practitioner. It should be a compulsory read for those working in the area, and those studying sports medicine to a specialist level.

Rating

● Presentation	16/20
● Comprehensiveness	18/20
● Readability	18/20
● Relevance	18/20
● Evidence basis	18/20
● Total	88/100

D Robinson

Sport and exercise psychology: a critical introduction

Edited by Aiden P Moran. Published by Routledge, 2004, £14.95, softcover, pp 347. ISBN 0415168090

In a general introduction to sports psychology written by an Irish academic, the least I expected was a degree of academic rigour plus some insight into the behaviour of Irish football star Roy Keane before the 2002 World Cup, and the consequences for his team. I'm pleased to say that this book delivered strongly on these two aspects, and a great deal more.

It begins with an introduction to sport and exercise psychology, both as an academic discipline and as a profession. This includes a brief history of significant developments in the field and touches on research methods used. It answers that important question: what do sport psychologists do?

The second part of the book examines the various psychological processes that affect athletes in their pursuit of excellence. There are chapters on motivation, anxiety, concentration, and imagery. The final chapter addresses the question of what determines expertise in sport. There are excellent examples of performance anxiety in sport—"choking" under pressure—with an explanation of this phenomenon and its causes. For those of us who are sports fans (most readers of the journal, I suspect), it explains why it is dangerous to listen to a football match while driving a car; apparently it is because both tasks compete for the same processing pathways in the brain.

In the section on health, exercise, and injury there is an excellent section on exercise dependence. Among the strong points of the book are the sections headed up "thinking critically about...". These exemplify its academic origins, and yet the book remains accessible to the lay reader.

A topic of huge interest to clinicians is how athletes react to injury. This topic is given due prominence, with use of the grief stages model as originally applied to death and suffering by Kubler-Ross. There is an excellent summary of the psychological techniques used in injury rehabilitation—for example, goal setting, mental imagery, and social support.

What is there to like about this book? It covers the field pretty well and provides plenty of examples of high profile competitors. This

makes it a much better read than most textbooks, which tend toward the turgid. The clear, readable style means that one does not have to be an academic psychologist to be able to get the gist of what is being presented.

Is there anything not to like? Not much. A few more illustrations would help. The data on the potential for head injury from heading in football are rather at variance with recent material published in this journal but are opened to debate by one of the many "critical thinking questions" at the end of the topic.

Overall, I liked this book immensely and believe it has a place on the bookshelves of clinicians, coaches, and athletes, as well as the students who I suspect are its primary market.

Rating

● Presentation	14/20
● Comprehensiveness	16/20
● Readability	18/20
● Relevance	17/20
● Evidence basis	18/20
● Total	83/100

C Milne

Advances in sport, leisure and ergonomics

Edited by Thomas Reilly, Julie Greeves. Published by Taylor & Francis, 2002, £100.00, hardcover, pp 387. ISBN 0415271258

This book was published in 2002 and represents the refereed proceedings of the 4th International Conference in Sport, Leisure and Ergonomics. All of the material presented has been previously published in a special edition of the journal *Ergonomics* (October 2000). The editors introduce the concept of significant overlap between the fields of sports science and ergonomics and the validity of the two areas "cross pollinating". Their definition of ergonomics is somewhat broader than the traditional one, but the idea that there is substantial benefit to both fields by interaction in conferences and research is very valid. The preface to the book and more particularly the first chapter "Sports ergonomics: an introduction" by Thomas Reilly, one of the books editors, clearly set out the frame of reference for both the conference and the concept behind this book.

The book is made up of 31 papers presented at the aforementioned conference. Although all the papers are of good quality and have been refereed before publication, they vary considerably in focus. Some are overviews of particular areas, such as the almost obligatory paper by Professor Noakes (this time addressing exercise in the cold), whereas others are very specific, targeted research papers such as that of Scott *et al* "Effects of cricket-ball colour and illuminance levels on catching behaviour in professional cricketers". The editors have tried to fit the papers into relatively cogent groups under chapter headings such as "Ergonomics in special populations" and "Human factors and psychology" with varying degrees of success.

Overall there is little to criticise in the content, although some slight errors can be

found. The real issues for me when reading this book were: (a) who is the target audience; (b) why would anyone buy it? The first issue arises from the disparate spread of papers. There are certainly papers that would be of interest to many scientists and health practitioners involved in sport and exercise or ergonomics, including an overview paper on the use of electromyography in sports and occupational settings, which gives a background to the procedure as well as an effective summary of the limits and possibilities of the technique in future practice, and some interesting papers on jet lag and melatonin. Other papers, however, would have much more limited appeal. The second issue really revolves around the content again. If you had attended the conference or already had the issue of *Ergonomics* concerned, I doubt you would purchase the book, and it is probably too diverse to induce someone more interested in only a few of the areas covered to part with the price of the book.

Rating

● Presentation	15/20
● Comprehensiveness	12/20
● Readability	16/20
● Relevance	12/20
● Evidence basis	16/20
● Total	71/100

D Humphries

Clinical sports medicine, 3rd edn

Edited by Peter Brukner, Karim Khan. North Ryde: Published by McGraw Hill, 2006, £43.99 (hardcover), pp 1032. ISBN 007471520-8

This book is the third edition in what has become an essential text for physiotherapists, sports doctors and sports physicians worldwide. Its strength lies in the multidisciplinary approach to regional problems seen in sports medicine. From the practitioners' point of view, the book looks at problem solving and assessing individual issues from the point of patient presentation rather than the diagnosis. Brukner and Khan have enhanced the book by including key guest contributors who are leaders in their field. Having Per Holmic contributing to a section on groin pain or Hakan Alfredson writing with Jill Cook on Achilles pain can only enhance the credibility of any publication. It is, however, the multidisciplinary approach to sports medicine problems that makes this book unique, with the sections on rehabilitation of specific injuries being a major strength of this book. The tables and diagrams are clear and concise, and the artistic drawings of anatomical structures and specific injuries are excellent. The quality of the radiographs and the place of radiological investigation in injury diagnosis are well handled.

I was impressed with the attempt to back up treatment protocols and interventions with evidence-based research. Indeed, this is a difficult field in sports medicine as some of what we do is based on clinical experience rather than hard evidence. Table 28.5—for example, in the section on anterior knee pain—detailing the level of evidence supporting various treatment