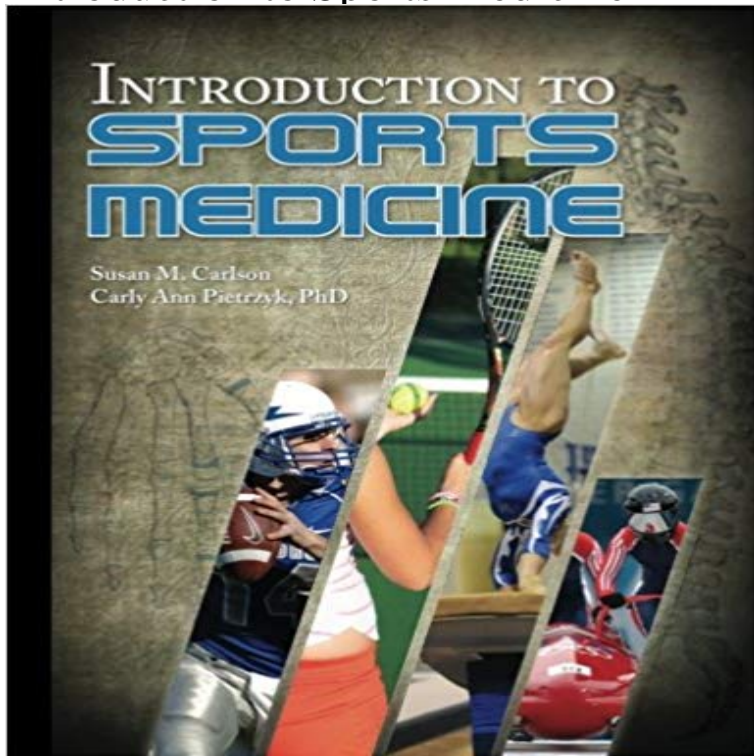


# Introduction to Sports Medicine



If you listen to sports news, you will frequently hear about athletic injuries. Anyone who has been injured while participating in a sport knows the importance of injury prevention and effective injury treatment. This introductory level text provides a basic, easy to understand introduction to the field of sports medicine covering a broad spectrum of topics including: basic anatomy, assessment strategies, rehabilitation techniques, training theories, careers, and nutrition education. Introduction to Sports Medicine is an ideal place to begin exploring the field of sports medicine for high school/college students that may want to major in the field, or for anyone else that would like to gain a basic understanding of injury prevention and recovery strategies in a variety of athletic disciplines.

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