Drinkwater, Barbara (Ed.) (2000) **Women in Sport.** Blackwell Science MA., ISBN 0-652-05084-5 $75.00, 680 pages.

This book is not the type to be read from cover to cover, but seems well suited as a resource text. The information in this text is a comprehensive collection of topics that face women in sport, however, the writing styles of multiple authors vary quite a bit. Many of the chapters are quite technical and assume the reader has a strong knowledge base of anatomy and physiology. We suggest that this book is geared toward the practicing clinician, administrator, or coach working with female athletes of any age varying from recreational to elite caliber.

Part 1: Women and the Olympic Games: 1900-97

Pfister provides a great introduction for the book. She provides an overview of women's quest for equality and freedom to participate throughout the last century, not only in the sports domain, but also in the social context of our world. She clearly illustrates the challenging transition women had to face concerning societies' beliefs about women's participation in sport. From the most far-fetched beliefs of the beginning of the century, to the "idealized" female athlete we face today, Pfeister makes it clear that women and society are still defining female participation in sport.

Part 2: Physiology of the Female Athlete

The chapters in Part 2 provide an excellent description of the physiological issues that are relevant to the female athlete. Included are factors that influence fitness (i.e. strength, flexibility, endurance, etc.), the effect of the menstrual cycle and oral contraceptives on athletic performance, and the various environmental challenges posed to the female athlete. Specifically, Mittleman & Zacher provide the reader with an understanding of the physiological factors that differ between men and women, especially those that might limit female athletic performance. Lebrun carefully describes the fluctuations in estrogen and progesterone during the menstrual cycle and how they affect metabolic, respiratory, cardiovascular, and thermoregulatory systems. She

also identifies the most significant benefit of oral contraceptive use for the athletic population: the maintenance of a predictable hormonal environment for training and competition. Haymes addresses issues related to exercise in extreme heat, humidity, cold, and altitude. Specific attention is paid to how menstruation and mineral requirements relate to different environmental challenges. It would have been beneficial for Haymes to include air pollution as a challenge to the outside exerciser. Overall, this section provides a comprehensive review of the current literature addressing the various aspects of female athlete physiology.

Part 3: Training the Female Athlete

The chapters in Part 3 highlight physiological, biomechanical, psychological, and nutritional aspects of training the female athlete. O'Toole describes different physiological aspects of training with respect to methods and adaptations. This chapter concludes with an informative section on overtraining issues. Crussemeyer & Dufek describe the use of biomechanics to enhance training the female athlete. A few topics within the chapter contain very technical terms, many of which are well illustrated, yet some may hinder the readers' ability to apply the concepts to sport. Duda addresses effective psychological preparation for sport (e.g. attention, relaxation, anxiety, and emotion) as well as overtraining and burnout. The chapter by Duda is very concise and well written, and refers to some basic studies that verify the importance of sport psychology. Grandjean, Ruud, & Reimers provide updated nutrition and health-related issues specific to female athletes including the identification and management of inadequate energy intake, excessive restriction of dietary fat, iron deficiency, and inadequate calcium consumption. As a whole, the authors of Part 3 provide an extensive review of multiple challenges specific to training the female athlete.

Part 4: The Masters Athlete

This section covers the cardiorespiratory and muscular characteristics of female masters athletes in addition to the somewhat controver-