Book Review

advice relative to the appropriate action to take if the reader is faced with a similar situation. Because the cases were realistic and clarified many key points, I believe this to be an outstanding feature in the book. Another excellent feature of the book is a list of various resources including texts and professional associations.

With this book the authors as a whole obtain their goal of providing practical information for physically active females, as well as coaches and parents. I believe the strengths of the book are its readability for the general population, practical suggestions and strategies, and repetition of key points in order to re-enforce learning. I also appreciate the authors' ability to effectively cover many misconceptions related to body image and dieting and challenge contemporary thinking related to body image and performance. As a Certified Athletic Trainer with past experiences working with female athletes at the high school and college level, I believe this book would be a helpful read for athletes, coaches, and athletic administrators. While I do not believe the book would be appropriate as an in-depth reference text for allied health professionals, I believe it would compliment their personal libraries as a text to share with athletes, coaches, and parents as needed. Moreover, I believe this text, reasonably priced at $17.95, would be worth having at an institutional library.

Reviewed by:
William A. Pitney, Northern Illinois University


This encyclopedia set provides a comprehensive and international account of the evolution of women in sports. In addition to prominent female athletes, administrators, coaches, and physical educators, the volume chronicles sports, countries, and social issues that have made an impact on women in sports. The authors selected to write each section are an eclectic but talented bunch with much interest and insight.
into the world of women in sport. Overall, there is a good mix of information about sport history, individual athletes, and the cultural influences upon women's participation in sport. The book is very readable and the text is occasionally supported with pictures of key figures and events that heighten the readers' experience. In general, any individual interested in women's sports, or the history of women in sport, would find this text useful. Sport enthusiasts, historians, educators, coaches, and athletes should appreciate the encyclopedia.

The sections on individual athletes are a much needed resource on the female athlete's contributions of the past and present. The volumes have a nice mix of historic figures (Isabelle of the Netherlands) and modern (Martina Hingis) athletes who have shaped and continue to shape the world's view on women and sport.

The sections on sports included major and minor sports. The inclusion of "minor" sports such as Innebandy and Korfball provided readers with a world wide and historical perspective on sports. The appendices provide a complete history of female Olympic medal winners in both the Summer and Winter Olympic games, the number of participants in each sport during the Olympics, and the number of participants by country in each Olympics.

In addition to the aforementioned sections on indivictual athletes and sports, topical sections were included. Some of the most informative topical sections included the Berkshire Reference Works section on the International Olympic Committee (IOC), Hamilton's section on senior sports, Jutel's section on body image, Lopiano's section on Title IX, and Pfister's section on beauty. Sections on school achievement, self-esteem, sexuality, and sexual harassment provide nice insight into the social aspects surrounding sport.

It is apparent that the editors worked hard to provide a 3-volume set that is comprehensive, well-written, and informative. This is the stuff that book report writers dream about! However, in some cases, the editors attempts to be all-inclusive has led to the inclusion of sections that could be combined with others. For example, the section on aggression could be incorporated into Butt's section on personality traits. The section on animal rights and feminism might fit better as a