

SPORTS MEDICINE

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In the today's highly civilised society, sports and recreational sports are generally present phenomena. Sports medicine follows the track of their development as well. It is not exclusively intended for top class sportspeople. It rather stands in service of every individual and the whole community – from childhood to old age.

This is the reason why knowledge regarding the achievements of sports medicine are of importance for the wide circle of medical experts, healthcare and sports workers, kinesiologists, coaches, and – naturally – sportspeople and persons engaging in recreational sports. It is important that all who engage in sports and recreational sports have at their disposal an available source of information from the domain of sports medicine, compiled by specialists in individual fields.

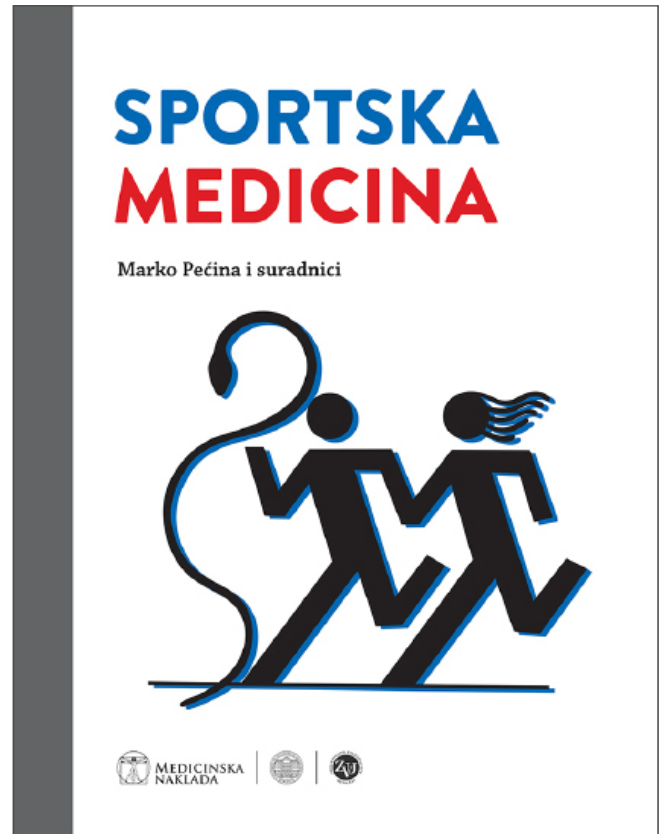
The book tackles the following issues included in the scope of activities covered by sports medicine: physiology of sports and exercise; pre-participation screening; theory and methodology of training; sports nutrition, doping, traumatology; problems related to the female sex and age; sports cardiology; biomechanics; regenerative medicine; injuries in individual sports. Separate chapters are dedicated to analysing the possibilities of protection against injuries of the orofacial area, the head and the brain. Major attention is furthermore paid to the syndromes of overuse injuries of the musculoskeletal system, considering their ever increasing frequency related both to the population in general and to sportspeople and persons engaging in recreational sports in particular.

The book contains tributes by 59 authors of various specialities. This reflects the state of the today's sports medicine (medicine in the sports), which uses the knowledge from diverse professions in scientific and everyday practical work. The interdisciplinarity indeed is the greatest value of this textbook. The book was written based on the yearlong rich experience of the chief author, and on the enthusiasm of his younger co-authors – well-renowned both in Croatia and abroad.

Divided in 39 chapters, on 406 pages, the book includes 412



From left to right: Krešimir Rotim, Anda Raič, Boris Labar, Domagoj Delimar
Marko Pečina



figures and drawings (mainly in colour), 55 tables, and 380 references.

BOOK PROMOTIO

On Wednesday, November 27, 2019, a solemn presentation of the book Sports Medicine, authored by academician Marko Peć and associates, took place at the HAZU Palace.

In front of the crowded HAZU Hall, the book was initially addressed by the academic Miličić as a host in front of the HAZU, and in front of the School of Medicine, University of Zagreb Prof. Marijan Klarica, then on behalf of the University of Applied Health as a co-publisher of this valuable work and as co-author of the work Dean Prof. Krešimir Rotim, and reviewers of the work. The speakers emphasized the significant contribution of many co-authors who, as authors of individual chapters, actively contributed to the high quality of the book. The book Sports Medicine is a capital issue in the field of Sports Medicine, co-published by the University of Applied Health, the School of Medicine, University of Zagreb and the Publisher "Medicinska naklada". The textbook itself is a modern teaching material that shows the wealth of knowledge and experience that the authors want to share with all doctors, especially specialists in occupational medicine and sports, physical medicine and rehabilitation, orthopaedics, traumatology, kinesiology, but also students of postgraduate doctoral and specialist studies.