

Health and Elite Sport: Is High Performance Sport a Healthy Pursuit?



Health and Elite Sport is the first book to critically examine the relationship between participation in high performance sport and health outcomes. Drawing on theory and empirical data from a wide range of disciplines, including sociology, developmental psychology, epidemiology, and physical education, the book explores the benefits and detriments of participation in elite sport for both individuals (athletes, coaches, spectators) and communities. Written by a team of leading international sport researchers, the book examines key issues including: Talent identification and young athletes Abuse in sport Positive youth development through sport Athlete health in periods of transition Health, sport and the family Health in professional sport The Olympics, Paralympics and public health Long term effects of participation in elite sport Highlighting the connections and contradictions between high performance sport and health, the book also discusses the clear and important implications for our socio-cultural, political and developmental understanding of sport. Health and Elite Sport is fascinating and important reading for all students and researchers with an interest in youth sport, sports development, sport policy, sports coaching, exercise and health, physical education, the sociology of sport, or the sociology of health.

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