

CONTENTS

Acknowledgments.....	xi
Introduction.....	xiii
Chapter 1: General Sport Sources	1
Sport Almanacs.....	1
Sport Atlas.....	2
Sport Bibliographies.....	3
Sport Biographies.....	6
Sport Dictionaries.....	15
Sport Directories.....	17
Sport Encyclopedias.....	23
Sport Guides and Handbooks.....	29
Sport Indexes, Abstracts, and Databases.....	36
Sport Quotation Books.....	38
Sport Rule Books.....	39
Sport Statistics Sources.....	40
Web Sites.....	42
Chapter 2: The Olympic Games	45
Reference Sources.....	45
Web Sites.....	53
Chapter 3: Aquatic Sports	55
General Aquatic Sources.....	55
Reference Sources.....	55
Instructional Sources.....	56
Web Sites.....	58
Diving.....	58
Reference Source.....	58
Instructional Sources.....	58
Web Site.....	59
Swimming.....	59
Reference Sources.....	59
Instructional Sources.....	61
Web Sites.....	63
Water Polo.....	64
Reference Source.....	64
Instructional Sources.....	64
Web Site.....	65
Chapter 4: Nautical Sports	67
Canoeing and Kayaking.....	67
Reference Source.....	67
Instructional Sources.....	67
Web Sites.....	70
Rowing.....	71
Reference Source.....	71

Instructional Sources	71
Web Sites	72
Sailing	73
Reference Sources	73
Instructional Sources	74
Web Sites	76
Whitewater Rafting	77
Reference Sources	77
Instructional Sources	78
Chapter 5: Precision and Accuracy Sports.....	79
Archery.....	79
Reference Source.....	79
Instructional Sources	79
Web Sites	82
Billiards.....	83
Reference Sources	83
Instructional Sources	83
Web Sites	84
Bowling.....	84
Instructional Sources	84
Web Sites	85
Curling.....	86
Reference Source.....	86
Instructional Sources	86
Web Sites	86
Golf	87
Reference Sources	87
Instructional Sources	90
Web Sites	93
Shooting	93
Reference Source.....	93
Instructional Source.....	94
Web Sites	94
Chapter 6: Ice and Snow Sports.....	95
Biathlon	95
Web Sites	95
Bobsledding.....	95
Instructional Source.....	95
Web Sites	96
Hockey	96
Reference Sources	96
Instructional Sources	101
Web Sites	101
Luge.....	102
Web Sites	102

Lacrosse.....	142
Reference Sources	142
Instructional Sources	142
Web Sites	143
Softball.....	144
Reference Sources	144
Instructional Sources	145
Web Sites	146
Chapter 9: Large-Ball Sports.....	147
Basketball.....	147
Reference Sources	147
Instructional Sources	152
Web Sites	152
Football.....	153
Reference Sources	153
Web Sites	157
Rugby	158
Reference Sources	158
Instructional Sources	160
Web Sites	161
Soccer.....	162
Reference Sources	162
Instructional Sources	167
Web Sites	168
Volleyball	168
Reference Sources	168
Instructional Sources	170
Web Sites	172
Chapter 10: Combat Sports	173
Boxing.....	173
Reference Sources	173
Instructional Source.....	175
Web Sites	175
Fencing.....	176
Reference Sources	176
Instructional Sources	176
Web Sites	178
Martial Arts.....	178
Reference Sources	178
Instructional Sources	180
Web Sites	181
Wrestling.....	182
Reference Sources	182
Instructional Source.....	183
Web Sites	183

Chapter 11: Track and Field, Multidisciplinary Sports, and Gymnastics	185
Track and Field	185
Reference Sources	185
Instructional Sources	187
Web Sites	188
Multidisciplinary Sports	189
Instructional Sources	189
Web Sites	189
Gymnastics	190
Instructional Sources	190
Web Sites	192
Chapter 12: Cycling and Equestrian Sports	193
Cycling	193
Reference Sources	193
Instructional Sources	196
Web Sites	198
Equestrian Sports	199
Reference Sources	199
Instructional Sources	202
Web Sites	204
Chapter 13: Extreme Sports and Motor Sports	207
Extreme Sports	207
Reference Sources	207
Instructional Sources	208
Web Sites	209
Motor Sports	210
Reference Sources	210
Web Sites	212
Chapter 14: Mountaineering, Fishing, Camping, and Hiking	213
Mountaineering	213
Reference Sources	213
Instructional Sources	214
Web Site	215
Fishing	216
Reference Sources	216
Web Site	218
Camping and Hiking	218
Reference Sources	218
Instructional Sources	220
Web Sites	221
Chapter 15: Health and Wellness	223
Medicine	223
Nutrition	225
Tests	227

Training	228
Facilities	231
General Exercise and Fitness.....	232
Web Sites.....	234
Chapter 16: Specific Exercise and Fitness Activities	237
Aerobics	237
Pilates	238
Running.....	238
Walking	242
Reference Source.....	242
Instructional Sources	242
Web Sites	244
Water Aerobics.....	245
Weight Training/Lifting	246
Instructional Sources	246
Web Sites	249
Jump Rope	249
Yoga.....	250
Author Index.....	253
Title Index.....	267
Subject Index	285