

Recommended Reading

- Aldridge, John and Pilgrim, Norman
Prevention and Rehabilitation of Injury,
National Coaching Foundation,
- Dick, Frank W., *Sports Training Principles*,
Lepus Books, 1980.
- Downey, J. and Brodie, D., *Get Fit For Badminton*,
Pelham Books, 1980.
- Downey, Jake, *Winning Badminton Singles*,
A. & C. Black, 1982.
- Downey, Jake, *Winning Badminton Doubles*,
A. & C. Black, 1984.
- Gleeson, Geof (ed.), 'Increasing Joint Range
Movement in Young Athletes', ch 10, in
The Growing Child in Competitive Sport,
Hodder and Stoughton, 1986.
- Grosogono, Vivian, *Children and Sport*
(*Fitness, Injuries and Diet*), National Coaching
Foundation,
- Grosogono, Vivian, *Sports Injuries, a Self-Help
Guide*, John Murray Publishers Ltd, 1984.
- Inge, K. and Bruckner, P., *Food for Sport*,
Heinemann, 1986.
- Fadcliffe, James C. R. and Farentinos, Robert C.
Plyometrics (Explosive Power Training),
Human Kinetics, 1985.
- Peterson, Lars and Renstrom, Per, *Sports Injuries*
(*their prevention and treatment*),
Martin Dunitz, 1986.
- Read, Malcolm with Wade, Paul, *Sports Injuries*,
Breslich and Foss, 1984.
- Sharp, Craig, *Developing Endurance*,
National Coaching Foundation
- Way, Peter (ed.), *Food for Action*,
Pelham Books, 1987.
- Wirhed, Rolf, *Athletic Ability and the Anatomy of
Motion*, Wolfe Medical Publications, 1984.
- Wootton, Steve, *Nutrition and Sports
Performance*, National Coaching Foundation,
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Simon and Schuster, 1988.

