



Olympic Games and Olympic Athletes: Are They Born or Made ? (Paperback)

By MD PhD Nabil Louis Attallah

Trafford Publishing, United States, 2012. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.OLYMPIC GAMES ARE UNIQUE OCCASION WHERE BEST MEN AND BEST WOMEN IN THE WORLD MEET TO COMPETE IN DIFFERENT ATHLETIC EVENTS . THIS BOOK TELLS THE HISTORY OF THE OLYMPIC GAMES SINCE ITS START IN ANCIENT GREECE 700 YEARS BC TILL MODERN GAMES AS WE KNOW IT TODAY. ITS EVOLUTION OVER THE 20TH AND 21ST CENTURY HAS CREATED NUMEROUS CHALLENGES INCLUDING BOYCOTTS, BRIBERY, DOPING, ADMINISTRATION, MASS COMMUNICATION, COMMERCIALIZATION AND TERRORISM. THE BOOK DEMONSTRATES CLEARLY HOW COMPETITORS IN DIFFERENT ATHLETIC EVENTS DIFFER IN SIZE AND SHAPE, TRUNK / LIMB PROPORTIONS. THESE DIFFERENCES ARE FACTORS FOR MECHANICAL AND PHYSIOLOGICAL REASONS SET A LIMIT TO ATHLETIC ACTIVITY, HOWEVER FAVORABLE OTHER FACTORS SUCH AS TRAINING, SKILLS AND MOTIVATION MAY BE. IT ALSO DESCRIBES THE OPTIMAL BODY PROPORTIONS NEEDED FOR EACH ATHLETIC EVENTS FOR THE POSSIBILITY OF BEING AN OLYMPIC ATHLETE TO RISE, THEREAFTER COMES THE TRAINING, THE DESIRE TO EXCEL AND TO ACHIEVE SOMETHING NEVER ACHIEVED BEFORE . THE PROBLEMS OF EARLY AND LATE MATURATION; CHRONOLOGICAL AND PHYSIOLOGICAL AGES AMONG YOUNG ATHLETES AND HOW IT AFFECTS ATHLETIC PERFORMANCE IN YOUNG ATHLETES; EFFECTS OF SPORTS ON FEMALE...



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