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Training for Sports (Classic Reprint) (Paperback)

By Walter Camp

Forgotten Books, 2018. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Walter Camp's 1921 Training for Sports was intended to be a guide for physical education teachers, coaches, and athletes on how best to prepare their bodies for physical activity. In this sense, it may be best viewed as a guidebook rather than a step by step instruction manual. The book is divided into chapters, which focus on general physical conditioning, mental conditioning, the importance of sleep and diet, as well as specific chapters on the popular sports of the day, such as football, baseball, and track and field. It goes without saying that exercise science has progressed immensely in the nearly one hundred years that have passed since the original publication of Training for Sports. Noserious coach, trainer, or physical educator would be advised to use this book as a reference today. Techniques for both general physical conditioning and sport specific movements have evolved significantly since 1921. Today's game of football is vastly different than that of 1921. The value of Camp's book is thus the historical snapshot it provides. In 1921, training for sports was as much a preparation...

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