



# **Science and Football V: The Proceedings of the Fifth World Congress on Sports Science and Football (v. 5)**

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*Science and Football V* presents the edited papers from the Fifth World Congress on Science and Football that took place in Portugal in April 2003. The collection represents the latest scientific research into the variety of sports known as football such as association football; rugby codes (Union and League); national codes (American, Australian and Gaelic).

A recurring theme for this series of conferences has been a commitment to bridge the gaps between theory and practice in the service of the promotion of high quality applied football science. The book is clearly structured into nine parts and focuses on the following key issues:

- introductory keynote address
- biomechanics and mechanics
- fitness test profiling of footballers
- performance and match analysis
- football medicine
- football training
- paediatric exercise science
- physiology and nutrition
- behavioural and social sciences.

This collection provides valuable information for coaches, players, trainers, managers, medical and support staff, and scientific workers concerned with the range of football codes.

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