
Contents

Contributors, vii

Foreword by FIVB President Ary S. Graça, ix

Foreword by IOC President Thomas Bach, xi

Preface and acknowledgments, xiii

Part 1 **Volleyball Sport Science**

1 Energy demands of volleyball, 3
Ronald J. Maughan and Susan M. Shirreffs

2 Nutrition for optimum volleyball performance, 15
Louise M. Burke

3 The biomechanics of volleyball, 29
Markus Tilp

4 Developing a resistance training program for volleyball, 38
William J. Kraemer, Lydia K. Caldwell, and Emily C. Barnhart

5 Environmental concerns in volleyball, 49
Julien D. Périard, Roald Bahr, and William W. Briner, Jr

Part 2 **Volleyball Sport Medicine**

6 Volleyball injury epidemiology and prevention, 63
Evert Verhagen, Håvard Visnes, and Roald Bahr

7 The periodic health evaluation/ preparticipation evaluation, 79
Kerry MacDonald and Wilhelm Meeuwisse

8 Shoulder injuries in volleyball, 93
Ann M.J. Cools and Jonathan C. Reeser

9 Knee and ankle injuries in volleyball, 109
Christopher Skazalski, Karim Khan, and Roald Bahr

10 Other injuries in volleyball, 123
Scott A. Mages, Håvard Visnes, and Jonathan C. Reeser

11 Principles of rehabilitation, 133
Heather Curtiss and Jonathan C. Reeser

Part 3 **Special Topics**

12 The young volleyball athlete, 147
Andrew J.M. Gregory and Alex B. Diamond

13 The female volleyball athlete, 158
Constance Lebrun

14 The elite indoor volleyball athlete, 171
Alvaro Chamecki

15 Adapted volleyball for the athlete with an impairment, 181
Jonathan C. Reeser