



Wheelchair Sport: A complete guide for athletes, coaches, and teachers

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Wheelchair Sport provides coaches, teachers, and athletes with the information they need to compete and succeed in wheelchair sports. Written by top coaches, athletes, sport scientists, and specialists in sports medicine and physical therapy who work with Paralympic athletes, this resource offers

an explanation of the physiological differences between able-bodied and disabled athletes and the physiological adaptations that result from training; guidelines for training that are customized to wheelchair athletes' unique needs, including strength and conditioning, nutrition and hydration, and mental wellness; tips on the practical aspects of competing in wheelchair sport, such as optimizing chair set-up and preparing for travel; and expert guidance in developing top-notch training programs for athletes at all skill levels.

People who use wheelchairs have a greater opportunity than ever before to be physically active at the level of their choosing. *Wheelchair Sport* equips coaches, teachers, and athletes to develop their minds and bodies to their potential and enjoy their participation in sports.

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