

## RECENT PUBLICATIONS

### Book reviews

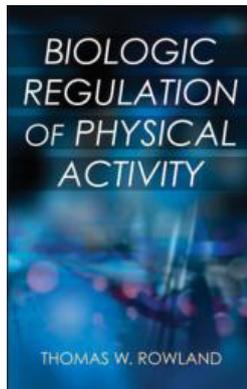
#### **Biologic Regulation of Physical Activity**

(Reglarea biologică a activității fizice)

*Author: Thomas W. Rowland*

Publishing House: Human Kinetics, October 2016

224 pages; Price: £65.99



As an already “old” book reviewer in the field of sports sciences, I am really enthusiastic when it happens to have the exciting opportunity of learning about a quite new, revolutionary hypothesis. Easy to understand, this type of opportunities cannot appear at every turn, but once you are blessed with one, the propensity to share it can no longer be suppressed. Such a feeling seems to be exactly what I have tasted very recently, when I first read about the last book of Dr. Thomas W. Rowland, one of the most respected pediatric cardiologists around the world, and a constant “fan” of studying and practicing physical exercise and sport; this is the book I have the pleasure to present to our readers this time.

In few words, the very new idea of the book speaks about the possibility of existence of a central biologic controller (regulator) of physical activity, a mechanism in the brain which current research would suggest to

involuntarily supervise and control all biological processes involved in and/or associated with physical activity.

It is well known that not only in general but especially in cases like this, a comprehensive work addressing a new scientific topic has to provide the convincing evidence supporting the construction, with its rationale and structure and, finally, with its possible implications, from a theoretical and practical perspective. Well, as we will see in what follows, these rules are fully respected by the new book indeed. Thus, in its very consistent first part (8 chapters), the readers are guided through an impressive number of human and animal studies, which both in part and as a whole argue for the existence of a biologic regulator. It is a section in which the evidence is presented from a multi- and interdisciplinary perspective, taking into consideration that the collected research covers apparently disparate topics; from behavioral disorders to brain damage, and from lifetime activity patterns to gender differences.

The second part consists of just two chapters and addresses possible explanations for the control of energy output through activity, the rationale being the “law” of maintaining the energy in - energy out balance. This means that similarly to the way in which the body regulates the appetite, the programmed need for energy balance would lead to (physical) activity regulation.

The last three chapters (part III) deal with some potential implications that current data and constructions might have in the problem of physical inactivity, the calamity with which human beings are increasingly confronted nowadays. And this because if a biologic controller of activity exists indeed, then along with or independently of environmental factors manipulation, it could become a special and very efficient help in fighting against the obesity epidemic.

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**The Olympic Games, a biography of human civilization with questions and answers, unique illustrations and documents**

(Jocurile Olimpice, o biografie a civilizației umane în întrebări cu răspunsuri, ilustrații și documente unicat)

Authors: Ștefan Maroți, Cristian Cheșuț, Șerban Doboși, Cristina Drăniceanu, Adrian Crișan

Publishing House: Napoca Star, Cluj-Napoca, 2016

180 pages & 25 official posters of the Olympic Games



Before the 2016 Rio de Janeiro Olympic Games, alongside the extensive and varied information on Olympic topics provided by television reports, radio programs, print media articles, published books, etc., the monograph “The Olympic Games, a biography of human civilization with questions and answers, unique illustrations and documents” attracted our attention. Through its content and way of approaching the Olympic phenomenon from a multidisciplinary perspective, this proved to be an original and interesting book in many respects. Its authors are professors of physical education and other specialties, visual artists, managers who, besides their profession, have had for some time an interest in the knowledge and promotion of Olympism and the Olympic movement. This has allowed them to present and analyze the Olympic phenomenon in its complementarity, not only from the viewpoint of a sports specialist, but also from the perspective of other fields.

In their approach, the authors were guided by the fact that education in the Olympic spirit is a component of general education that contributes to the formation and development of an individual’s personality. For the identification, knowledge, promotion of Olympism and the acquisition of competences on which Olympic culture is built, alongside institutions and trainers, consistent and varied bibliographic material on this topic is required. This

was one of the main reasons that led the authors to write this book.

In the book pages, the reader is offered information about the ancient Olympic Games, the revival of the Olympic Games in their modern form, the Winter Olympic Games, the Paralympic Games, the Youth Olympic Games, cities that hosted these competitions, the Olympic village, Olympic peace, the Olympic symbol, the Olympic flag, the Olympic anthem, the Olympic flame, the Olympic oath, Olympic mascots, the program of sports competitions and other events related to the Olympic Games, the opening, closing, awarding ceremony, medals, diplomas and badges awarded, the participation of women in the Olympic Games, problems related to the use of forbidden substances, the non-acceptance of any form of discrimination, Olympic boycotts, pictograms used as means of communication, the Olympic Museum. A special place in the pages of the book is reserved for the participation of Romanian athletes in the Olympic Games.

Through its ideas, the book helps those who read it to extend their knowledge of how sport is placed in the service of the young generation’s harmonious development, peace and understanding between the peoples of the world, to know the activity of sports organizations that follow the Olympic principles, as well as the actions of Olympic movement members for the assertion and promotion of Olympism. Official posters of the Olympic Games, pictograms, mascots, other illustrations related to the Olympic topic complement the rich information through which the authors try to keep alive the legacy of Olympism and the Olympic movement. The book is completed with illustrations made by master students from the University of Art and Design Cluj-Napoca, which in addition to their informative content, represent a valuable artistic approach. In this context, the book offers an axiological space for search, knowledge, support, stimulation and promotion of Olympic values.

For their initiative, for what they accomplished, the authors fully deserve to be praised and honored. For what it offers through its content, through its graphic quality and way of presentation, the book recommends itself to be read.

Finally, it can be said that the result of the authors’ work is a reference book on the Olympic topic, which is intended for pupils, students and other youths, for those who wish to better know different aspects related to Olympism, the Olympic movement and Olympic Games, as well as for parents, teaching staff, trainers and all those who play a role in imparting education in the Olympic spirit.

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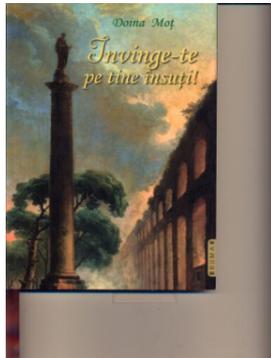
**Conquer yourself**

(Învinge-te pe tine însuși)

Author: *Doina Moț*

Publishing House: Brumar, Timișoara, 2016

192 pages; Price 20 lei



The book of Doina Moț “Conquer yourself” is an invitation to reflection on Olympic values in the context of postmodern society.

Olympic exhortations such as “Citius, Altius, Fortius!”, “Conquer thyself!”, “Victory is not important, but the road to it is!”, “May the best win!”, “Sportsmanship does not exist without education!”, “Perfection can only be attained through merit” are paradigms that mediate the exchange of ideas between twenty opinion-making intellectuals in Timisoara, brought together by Doina Moț.

The dimly colored front cover, without contrast, symbolically places us in the ancient world as the primary source of the Olympic movement. The cover sleeve shows the author in a stance suggesting that of a hostess awaiting her guests with pleasure and gratitude for the favorite story.

The enclosed biographical data impose admiration, respect and appreciation for a lifetime’s work in high performance sport, teaching, literature and civism.

The fourth cover cites an explanatory text by Epictetus on self-knowledge endeavor and presents a medal, symbol of Olympic reward obtained by Olympic winners. The fourth cover sleeve mentions six Olympic exhortations, which guide Olympic work and represent the common thread of the book, followed by the author.

The work extends over 192 pages as an “argument” and two chapters.

The argument consists of a pleasant and instructive pleading to use Olympism in school as an educational and formative means.

The first chapter, written in a fluent, didactic and credible style, thrills the reader with the personal experiences and unpublished information it conveys. This chapter also highlights the opinions of Nobel laureates in science and art or sport, friendship and freedom. This chapter projects the entire philosophy of the author, who wishes for an ideal regulation of social relations through Olympism.

The second chapter of the book is dedicated to friends. Depending on experiences, readings, attitudes or other criteria, as in a referendum, they reinforce the confidence in the Olympic ideal and the hope for an individual’s becoming in an education system based on ethical values.

Respecting a genuine qualitative research methodology, Doina Moț presents in the afterword of the book, in the form of conclusions, the key points arising from the content of this and previous books. The volume attains an Olympic characteristic: unity in diversity.

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