

Sports Biomechanics The Basics Optimizing Human Performance

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About Sports Biomechanics. Human beings are the 'all-rounders' of the natural world - while they aren't naturally the quickest, biggest or strongest creatures, they can achieve more amazing physical feats than any other animal. Nowhere is this ability more pronounced than in sporting performance, the ideal area for studying the mechanics of a human - our biomechanics.

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For coaches, athletes, and students of biomechanics, Sports Biomechanics: the basics answers real-world questions in sports using easily comprehensible language and clear and concise diagrams. Each chapter is

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devoted to answering questions in a single area of sports biomechanics with the scientific underpinnings of sports performance clearly explained.

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Biomechanics is a core subject on all sports science courses, and undergraduates must complete this module in their first (and often second) year. Because of the use of maths and physics to explain biomechanical concepts, students often find it difficult to grasp the basic elements of biomechanics.

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In the sport sciences, biomechanists do just about everything, including improving aerodynamics of vehicles, improving swim stroke technique to maximise swimming propulsion, and optimising running...

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But all too often the study of sports biomechanics can become bogged down in pure mathematics, tables and graphs that bear little resemblance to what you see on the field of play. In this comprehensively revised third edition of bestselling Sports Biomechanics, Professor Anthony Blazeovich answers real-world questions using easily accessible language and fully updated, clear and concise diagrams.

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Sports Biomechanics: The Basics : Optimising Human Performance: Written by Dr. Anthony J. Blazeovich, 2007 Edition, (1st Edition) Publisher: A & C Black Publishers Ltd [Paperback]: Amazon.co.uk: Dr. Anthony J. Blazeovich: 8601416582641: Books.

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In the sport sciences, biomechanists do just about everything, including improving aerodynamics of vehicles, improving swim stroke technique to maximise swimming propulsion, and optimising running technique to increase running speed or efficiency. Biomechanics is a core subject on all sports science courses, and undergraduates must complete this module in their first (and often second) year.

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