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Titolo	Track and field / / by Jenny MacKay
Pubbl/distr/stampa	Detroit : , : Gale Cengage Learning, , 2012
ISBN	0-7377-6528-3
Descrizione fisica	1 online resource (104 pages) : illustrations (some color)
Collana	Science behind sports
Disciplina	796.42
Soggetti	Track and field Sports sciences
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Bibliographic Level Mode of Issuance: Monograph
Nota di bibliografia	Includes notes and index.
Nota di contenuto	ch 1. A run through track-and-field history -- ch 2. The race is on : sprints, distance races, and hurdles -- ch 3. Up, up, and away : jumping events and the pole vault -- ch 4. A toss-up : shot put, hammer throw, discus, and javelin -- ch 5. Staying on track : fitness and injury prevention -- ch 6. Ninety percent mental : the psychology of track and field.
Sommario/riassunto	Explores the scientific principles behind track and field, including origins, history, and related health and medical concerns.