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Nota di contenuto	ch 1. The games begin -- ch 2. Grit for the gridiron : training -- ch 3. The perfect arc : passing, punting, and kicking -- ch 4. Catching and running -- ch 5. Blocking and tackling -- ch 6. Staying in the game : nutrition, equipment, and injuries -- ch 7. A winning mindset : playing the psychological game.
Sommario/riassunto	"Sports play an important formative role in the lives of many middle and high school students. Science Behind Sports from Lucent Books explores the science behind key contemporary sports. Volumes present in a clear and engaging manner the scientific principles and concepts involved, the biomechanics and physiology of playing, and related health issues and medical concerns related to the sport"--