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ISBN	1-4205-0589-0
Descrizione fisica	1 online resource (112 pages) : illustrations (some color)
Collana	Science behind sports
Disciplina	796.962
Soggetti	Hockey 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 bibliographical references and index.
Nota di contenuto	A lightning fast game : the story of hockey -- Ice, skates, and collisions -- Flexibility, speed, and reaction time : controlling the puck -- Safety gear and injuries: protecting the players -- Fitness and training.
Sommario/riassunto	Explores the scientific principles behind some of the most popular team and individual sports. Covers origins, history and changes, the biomechanics and physiology of playing, related health and medical concerns, and the causes and treatment of sports-related injuries. This volume covers ice hockey.