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Titolo	Swimming / / Lizabeth Hardman
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ISBN	1-4205-0800-8
Descrizione fisica	1 online resource (104 pages) : illustrations (some color)
Collana	The science behind sports
Disciplina	797.2/1
Soggetti	Swimming Human mechanics Sports sciences
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Includes index.
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	ch 1. A sport for the ages -- ch 2. Training and conditioning -- ch 3. Injuries and hazards -- ch 4. The physics of swimming -- ch 5. The psychology of swimming.
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 swimming.