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Titolo	Wrestling // by Richard Brownell
Pubbl/distr/stampa	Farmington Hills, Mich. : , : Lucent Books, a part of Gale, Cengage Learning, , 2014
ISBN	1-4205-1123-8
Descrizione fisica	1 online resource (104 pages) : illustrations (some color)
Collana	Science behind sports
Disciplina	796.812
Soggetti	Wrestling 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	chapter 1. Wrestling : Man's oldest sport -- chapter 2. Force application in wrestling -- chapter 3. Wrestling with gravity : balance and stability -- chapter 4. Leverage -- chapter 5. The ideal wrestler : training the body -- chapter 6. The ideal wrestler : training the mind.
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 wrestling.