

1. Record Nr.	UNINA9910135121803321
Autore	Nardo Don <1947->
Titolo	Surfing // Don Nardo
Pubbl/distr/stampa	Farmington Hills, Mich. : , : Lucent Books, a part of Gale, Cengage Learning, , 2014
ISBN	1-4205-1264-1
Descrizione fisica	1 online resource (104 pages) : illustrations (some color)
Collana	Science behind sports
Disciplina	797.3/2
Soggetti	Surfing
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	Cover -- Hlaf Title -- Title -- Copyright -- Contents -- Foreword -- Chapter 1: The Origins of Surfing -- Chapter 2: The Physics of Waves -- Chapter 3: Staying on the Board -- Chapter 4: Riding the Waves -- Chapter 5: The Dangers of Surfing -- Notes -- Glossary -- For More Information -- Index -- Picture Credits -- About the Author -- Back Cover.
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 surfing.