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| Autore                  | Abramovitz Melissa <1954->  |
| Titolo                  | Skiing / / Melissa Abramovitz   |
| Pubbl/distr/stampa      | Farmington Hills, Mich. : , : Lucent Books, a part of Gale, Cengage Learning, , 2014  |
| ISBN                    | 1-4205-1182-3   |
| Descrizione fisica      | 1 online resource (120 pages) : illustrations (some color)  |
| Collana                 | Science behind sports   |
| Disciplina              | 796.93  |
| Soggetti                | Skis and skiing<br>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. The history of skiing -- chapter 2. Snow, skis, and skiers : the physics of skiing -- chapter 3. Training a skier's body -- chapter 4. Courage and other mental powers : psychology and skiing -- chapter 5. Speed matters : downhill and cross-country techniques -- chapter 6. Jumps and acrobatics : ski jumping and freestyle techniques -- chapter 7. The slippery slope : skiing injuries. |
| 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 skiing.  |