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ISBN	1-4205-1180-7
Descrizione fisica	1 online resource (112 pages) : illustrations (chiefly color)
Collana	Science behind sports
Disciplina	688.7/6
Soggetti	Horsemanship Horsemanship - Physiological aspects Sports sciences
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
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Nota di bibliografia	Includes bibliographical references (pages 99-102) and index.
Nota di contenuto	ch 1. An overview of equestrian competitive sports -- ch 2. The physics of equestrian sports -- ch 3. Biomechanics and the horse and rider -- ch 4. The environmental factors of equestrian sports -- ch 5. The right horse for the sport -- ch 6. Training, conditioning, and nutrition -- ch 7. Psychology and the human/horse interaction.
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 the psychological aspects of equestrian horsemanship.