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Descrizione fisica	1 online resource (104 pages) : illustrations (chiefly color)
Collana	Science behind sports
Disciplina	796.72
Soggetti	Automobiles, Racing 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 (pages 97-98) and index.
Nota di contenuto	chapter 1. The need for speed -- chapter 2. Training to be a driver -- chapter 3. A team of experts -- chapter 4. Race day -- chapter 5. A mental sport.
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 car racing.