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Descrizione fisica	1 online resource (128 pages)
Collana	Science behind sports
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Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	1. A wildly popular sport -- 2. Physics and volleyball -- 3. Physical training -- 4. Psychology and volleyball -- 5. The biomechanics of offense -- 6. Digging into defense -- 7. Courting disaster.
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 volleyball.