

1. Record Nr.	UNINA9910141766703321
Autore	Abramovitz Melissa <1954->
Titolo	Volleyball // by Melissa Abramovitz
Pubbl/distr/stampa	Detroit : , : Lucent Books, an imprint of Gale, Cengage Learning, , 2013
ISBN	1-4205-1157-2 1-4205-1159-9
Descrizione fisica	1 online resource (128 pages)
Collana	Science behind sports
Disciplina	796.325
Soggetti	Volleyball
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	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.