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Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	1. The history of tennis -- 2. Training and conditioning -- 3. Racket power and control -- 4. The science of the bounce -- 5. Getting the ball in the box -- 6. The psychology of tennis.
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 tennis.