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Descrizione fisica	1 online resource (XXI, 128 p. 18 illus., 16 illus. in color.)
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Lingua di pubblicazione	Inglese
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Note generali	Includes index.
Nota di contenuto	Introduction -- Biomechanical Characteristics of the Countermovement Jump -- Leg Stiffness and Quasi-stiffness -- Research Project -- Leg stiffness controversies and interpretations -- Index.
Sommario/riassunto	This book presents a thorough description and critical discussion of different approaches to measuring leg stiffness during vertical jumps, as well as practical applications. Various topics covered include the applicability of the spring-mass (linear) model of the human motion system, leg stiffness controversies and interpretations, and computational and measuring methods of leg stiffness during vertical jumps. Additionally, a description of a research project performed expressly for inclusion in this book is given; the study aims to determine normative values for leg stiffness for young, healthy, non-athletes during single vertical jumps to maximal and specific heights. A final chapter covers additional perspectives, enabling the reader to acquire different perspectives on measuring leg stiffness during vertical jumps across a breadth of information and interpretations. Measuring Leg Stiffness During Vertical Jumps: Theory and Methods is an ideal

book for researchers and practitioners in the fields of biomedical engineering, biomechanics, and sport sciences.

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