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Nota di contenuto	Part one Foundations of biomechanics -- 1. Anatomical principles -- 2. Movement (kinematic) considerations -- 3. Linear and angular kinetics -- 4. Fluid mechanics and energetics -- Part two Techniques for recording and analysing sports movements -- 5. Cinematography and video analysis -- 6. Force platforms and external force measurement -- 7. Electromyography -- 8. Other techniques for the analysis of sports movements -- Index.
Sommario/riassunto	Introduction to Sports Biomechanics has been developed to introduce you to the core topics covered in the first two years of your degree. It will give you a sound grounding in both the theoretical and practical apects of the subject. Part One covers the anatomical and mechanical foundations of biomechanics and Part Two concentrates on the measuring techniques which sport biomechanists use to study the movements of the sports performer. You will find: each chapter contains an introduction, summary, futher reading section and exercises to assist your learning and help with revision the text is pitched at an intorodutory level which assumes no prior knowledge of the subject mathmatical equations have been kept to a minimum

making the text accessible to those with a non-mathmatical background examples from sport are used throughout the text to help base the theory in practice In addition, the book is highly illustrated with line drawings and photographs which help to reinforce explainations and examples.