

1. Record Nr.	UNINA9910814119903321
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Titolo	Introduction to sports biomechanics // Roger Bartlett
Pubbl/distr/stampa	London ; ; New York, : E & FN Spon, 1997
ISBN	1-135-81818-5 1-280-40497-3 9786610404971 0-203-47616-6
Edizione	[1st ed.]
Descrizione fisica	1 online resource (304 p.)
Disciplina	612/.044 612.76
Soggetti	Human mechanics Sports - Physiological aspects
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Book Cover; Title; Contents; Preface; Permissions; Foundations of Biomechanics; Anatomical principles; Movement (kinematic) considerations; Linear and angular kinetics; Fluid mechanics and energetics; Introduction; Cinematography and video analysis; Force platforms and external force measurement; Electromyography; 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 aspects of the subject.