

1. Record Nr.	UNINA9910965425703321
Autore	Bartlett Roger
Titolo	Introduction to sports biomechanics / / Roger Bartlett
Pubbl/distr/stampa	London, : E & FN Spon, 1997
ISBN	9780203476161 (ebook) 9780419208402 (pbk.) 9786610404971 9781135818180 1135818185 9781280404979 1280404973 9780203476161 0203476166
Edizione	[1st ed.]
Descrizione fisica	1 online resource (xvi, 287 p.) : ill
Disciplina	612.044
Soggetti	Human mechanics Sports - Physiological aspects
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di bibliografia	Includes bibliographical references and index.
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 aspects 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, further reading section and exercises to assist your learning and help with revision the text is pitched at an introductory level which assumes no prior knowledge of the subject mathematical equations have been kept to a minimum making the text accessible to those with a non-mathematical 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 explanations and examples.
