1. Record Nr. UNIPARTHENOPE000024251

Autore	Ferrari d'Occhieppo, Konradin
Titolo	Der Stern der Weisen : Geschichte oder Legende? / Konradin Ferrari d'Occhieppo
Pubbl/distr/stampa	Wien : Verlag Herold, 1969
Titolo uniforme	Der Stern der Weisen
Edizione	[2. erw. und erg. Aufl.]
Descrizione fisica	171 p. : ill. ; 24 cm
Disciplina	523
Collocazione	S 523/10
Lingua di pubblicazione	Tedesco
Formato	Materiale a stampa
Livello bibliografico	Monografia

2. Record Nr. UNINA9910987785503321

Autore	Crimin Anthony
Titolo	Bicycle Biomechanics : How to Build a Power Dynamometer / / by Anthony Crimin, Anthony McGarry
Pubbl/distr/stampa	Cham : , : Springer Nature Switzerland : , : Imprint : Springer, , 2025
ISBN	3-031-85712-7
Edizione	[1st ed. 2025.]
Descrizione fisica	1 online resource (XIII, 137 p. 103 illus.)
Disciplina	612
Soggetti	Human physiology Sports sciences Physical education and training Human Physiology Sports Biomechanics Sport Training Sport Science
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia

Nota di contenuto	Chapter 1: Bicycle Development & Technology -- Chapter 2: Drag & Aerodynamics -- Chapter 3: Biomechanics of Cycling -- Chapter 4: Muscle Physiology and Force Development -- Chapter 5: Building A Power Dynamometer.
Sommario/riassunto	This book is not just for professional cyclists who look to improve their performance on the bicycle. The bicycle is also used in a variety of activities by enthusiasts in commuting; club riding and long-distance solo adventures. By gaining a deeper understanding of the human factors and physiology, cyclists can self-coach to improve their cycling with improved comfort and speed. However, it is often the perception of the cycling enthusiast that the latest frame and component technology play a significant role in rider performance. While this may be true for the professional rider it is because they are biomechanically fitted to their machine. Hence, the purpose of this book is to look beyond the tradition and myth of bicycle setup to help the motivated everyday rider gain a practical understating of the factors that influence their performance. This can be achieved in combination with web-based application tools. If the reader wishes to go further, the book demonstrates a method to build their own power dynamometer to gain an objective measure of their forces (kinetics) of motion. Essentially, by gaining knowledge of cycling biomechanics and measuring and evaluate their own performance, the reader may become their own coach.