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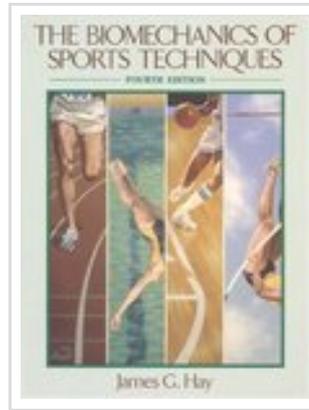
The Biomecha

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Description

Recognized both nationally and internationally, this volume provides a scientific analysis of the biomechanics of baseball, basketball, football, running, jumping, and throwing. Each technique is discussed by first considering the technique, then discussing the biomechanical concepts in building upon the last ... concepts of energy, lift and drag, and the motion of an athlete ... provides coverage of linear and angular kinetics, and fluid mechanics throughout. Ideal for sports science students.

ISBN

978-0130845344

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1978

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Prentice-Hall

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Hay, James, "The Biomechanics of Sports Techniques" 251.

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