



Biomechanics in sport : performance enhancement and injury prevention /

Zatsiorsky, Vladimir M. (1932-)

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Libros electrónicos

Monografía

Biomechanics in Sport is a unique reference text prepared by the leading world experts in sport biomechanics. Over thirty chapters cover a broad spectrum of topics, ranging from muscle mechanics to injury prevention, and from aerial movement to wheelchair sport. The biomechanics of sports including running, skating, skiing, swimming, jumping in athletics, figure skating, ski jumping, diving, javelin and hammer throwing, shot putting, and striking movements are all explained

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