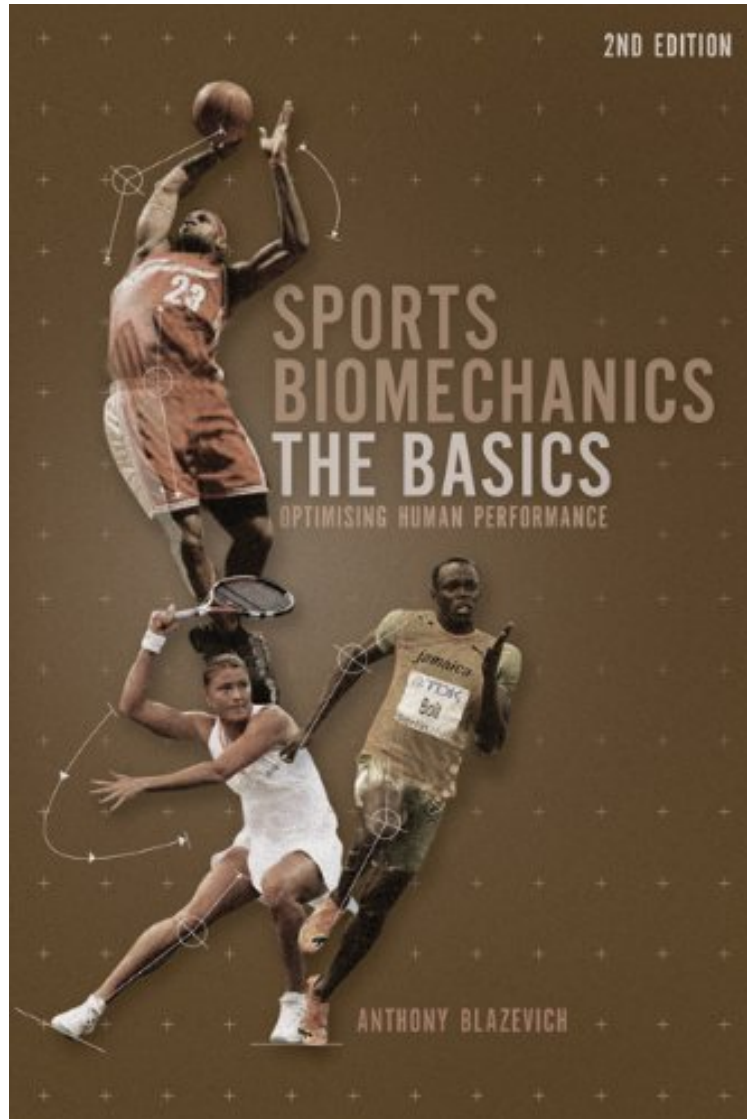


(Pdf free) Sports Biomechanics: The basics: Optimizing Human Performance

# Sports Biomechanics: The basics: Optimizing Human Performance

*Anthony J. Blazevich*

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**Anthony J. Blazevich : Sports Biomechanics: The basics: Optimizing Human Performance** before purchasing it in order to gage whether or not it would be worth my time, and all praised Sports Biomechanics: The basics: Optimizing Human Performance:

2 of 2 people found the following review helpful. Very nice book - Strongly recommended!By JavierThis is a review I made for a class and I thought was perfect to share it.Have you ever wondered how to improve your performance in a sport you practice? Do you want to improve your performance in the gym? What do you need in order to succeed in rugby, football or basketball? Why are some athletes better in Olympics than others? The answers to these questions

and more are contained in this book. Dr. Blazevich presents the reader with useful and updated material about the biomechanics of sports in an easy-to-read format; it combines the technical concepts with general and real-world sports topics. The book introduces you to the world of biomechanics and also provides the basic details any sports coach must know. This book contains 18 chapters covering topics such as: Position, Velocity and Acceleration; Conservation of Angular Momentum; Fluid Dynamics; Friction; and The Kinetic Chain. Every chapter begins with a catchy question that beckons the curious reader to continue reading to obtain the answers. All the chapters summarize the theoretical information with graphic and mathematical data. The reading is facilitated by its use of plain vs. scientific language. The book contains two outstanding final sections: Useful Equations, which contains various equations you will use in the chapter, and Related Websites, which directs the reader to interactive material on the web so as to expand upon the concepts learned in the book. The only problem is when accessing this material, the reader needs to type it into the computer--if one character is wrong you will get a URL error in your web browser. In conclusion, I recommend this book as an introductory text for students of biomechanics, engineering and mathematics. This kind of students and people working in this field, developing a PhD thesis for example (as myself) will enjoy reading this book. However, it is important to have some mechanics and mathematics background, e.g. the engineering background. 0 of 0 people found the following review helpful. Two Stars By Philip Hernandez Pretty dry honesty could get very far. I'm probably just too stupid. 0 of 0 people found the following review helpful. Five Stars By Christi C. A great read...

For coaches, athletes and students of biomechanics, *Sports Biomechanics: the basics* answers real-world questions in sports using easily comprehensible language and clear and concise diagrams. Each chapter is devoted to answering questions in a single area of sports biomechanics with the scientific underpinnings of sports performance clearly explained. Biomechanics is simply the science of 'mechanics', a particular section of physics, as it relates to the human body. In the sport sciences, biomechanists do just about everything, including improving aerodynamics of vehicles, improving swim stroke technique to maximize swimming propulsion, and optimizing running technique to increase running speed or efficiency. It is a core subject on all sports science courses, and undergraduates must complete this module in their first (and often second) year. Because of the use of math and physics to explain biomechanical concepts, students often find it difficult to grasp the basic elements of biomechanics. Anthony Blazevich's book is designed to explain to students the key concepts of biomechanics, using clear examples, tying all theory to practical examples to help students relate the biomechanics principles to improving in their coaching and performing.

"For anyone interested in the biomechanics and natural movement of human beings, this book is nothing short of a bible...Ditches the unnecessary scientific jargon used by many of its rivals and instead adopts a simple yet comprehensive tone to answer all the sporting questions that you've always wanted to know...Takes you through all aspects of sports biomechanics such as projectile motion, fluid dynamics and hydrodynamics...Graphs and images assist understanding along the way." *Women's Fitness*