

Sports Biomechanics The Basics Optimizing Human Performance

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Sports Biomechanics: The Basics: Optimising Human Performance Anthony Blazeovich. This book would be best for a student in an introductory biomechanics class who has interest in its application to sport. An addition audience may be those interested in the topic, but want a text that is lighter on the math, or at least balances the tendency to ...

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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 maximise swimming propulsion, and optimising running technique to increase running speed or efficiency.

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About Sports Biomechanics. Human beings are the 'all-rounders' of the natural world - while they aren't naturally the quickest, biggest or strongest creatures, they can achieve more amazing physical feats than any other animal. Nowhere is this ability more pronounced than in sporting performance, the ideal area for studying the mechanics of a human - our biomechanics.

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Biomechanics 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 maths and physics to explain biomechanical concepts, students often find it difficult to grasp the basic elements of biomechanics.

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Dr Blazeovich 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.

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