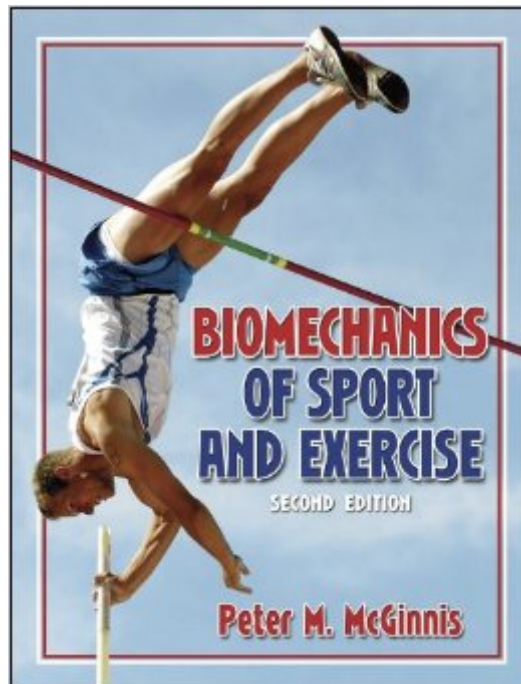


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# Biomechanics Of Sport And Exercise, 2nd Edition



## Synopsis

Like the groundbreaking first edition, *Biomechanics of Sport and Exercise, Second Edition*, introduces exercise and sport biomechanics in simple and concise terms rather than focusing on complex math and physics. With a unique presentation of biomechanical concepts supported with illustrations, the book helps students learn to appreciate external forces and their effects, how the body generates forces to maintain position, and how forces create movement in physical activities. *Biomechanics of Sport and Exercise, Second Edition*, allows students to discover the principles of biomechanics through observation of common activities. By observing ordinary activities firsthand, students will be able to develop functional and meaningful explanations, resulting in a deeper understanding of the underlying mechanical concepts. This practical approach combines striking visual elements with clear and concise language to encourage active learning and improved comprehension. Many new benefits are in the second edition for students and instructors alike:

- More sample problems throughout the book to illustrate problem-solving techniques
- A quick reference guide of frequently used equations printed on the inside cover
- A new chapter on technology used in the study of biomechanics
- Review questions at the end of each chapter to test the reader's understanding of important concepts
- A new instructor guide outlining each chapter and step-by-step solutions to the quantitative problems presented, as well as a test package

*Biomechanics of Sport and Exercise, Second Edition*, is ideal for those needing a deeper understanding of biomechanics from a qualitative perspective. Designed for students who will likely take only one course in biomechanics, the text prepares students to utilize the principles of biomechanics as professionals in the physical activity field. Thoroughly updated and expanded, *Biomechanics of Sport and Exercise, Second Edition*, makes the biomechanics of physical activity easy to understand and apply.v

## Book Information

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## Customer Reviews

This class, Biomechanics, was the hardest class I took in college, yet somehow ended-up being my favorite. The professor was really cool, and always helpful, which I really appreciated. I sold this wonderful textbook at the end of the class, but I wish I hadn't. I highly recommend this book by Peter McGinnis. In fact, I'd like to meet him sometime!

I'm a professional coach, been in the combat sports and physical training for many years, and I can tell you one thing: learn biomechanics, that's it, it's a very complex part of training, but it can give you better tools to do your job. Get ready: lots of physics, formulas and exercise, but trust me, it's a good deal just to have this book as a reference. A must-have book.

This book was too simple and did not impress me, but it did explain things fairly well. I pretty much only opened it once during my Biomechanics class and still earned an A-. It's basically an oversimplified physics book with some biomech info in it (in my opinion) so if you've already taken physics and did well you could probably get by without it and just go and pay attention in class. If you struggle at physics-type problems it may have more value to you than it did for me. It does have a good resale value though...

The subject of biomechanics is DIFFICULT. The book was helpful in assisting with learning the subject matter. I would have liked to see more questions/answers for the first few chapters that dealt with math/algebra/geometry. Future Biomechanics students, good luck on this subject. The book will be helpful.

Do not buy this. For whatever reason you think you may need, you do not. Check again. There are five newer versions. This is what I get for letting my girlfriend help me shop.

This book is a MUST for anyone studying exercise science in school. There are so many things that I have learned that it is crazy. Great book.

Biomechanics is a quantitative based study and analysis of professional athletes and sport's activities in general. It can simply be described as the Physics of Sports. The ultimate goal of Sports and Exercise Biomechanics is performance improvement, prevention of injuries, and rehabilitation from injuries and other tasks at the time needed. This will include humans because it is the study of forces and their effects on human exercise and sports. This book totally completes the theory of Dynamics or Mechanics of how objects function in accelerated motion. How Biomechanics brings about ways to try and improve an athletes' performances? The answer is: Technique Improvement, Equipment Improvement, Improved Training Programs by developing an understanding of where athletes need to improve strength, designing strategies to target weakness, and improve all injury prevention techniques. Biomechanics of Sports and Exercise as a discipline is relatively a new science and small discoveries in the techniques which may be used today in sports and exercise routines.

This textbook is basically simplified physics applied for the body...It's written clear and is not too difficult in level

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