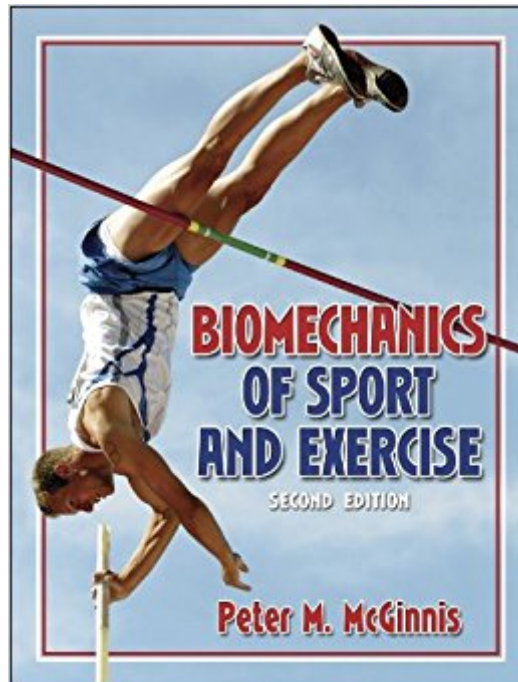




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Biomechanics Of Sport And Exercise, 2nd Edition



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.

Book Information

Hardcover: 411 pages

Publisher: Human Kinetics; 2nd edition (November 1, 2004)

Language: English

ISBN-10: 0736051015

ISBN-13: 978-0736051019

Product Dimensions: 11.3 x 8.8 x 1.1 inches

Shipping Weight: 3.1 pounds (View shipping rates and policies)

Average Customer Review: 3.9 out of 5 stars 21 customer reviews

Best Sellers Rank: #97,079 in Books (See Top 100 in Books) #102 in Books > Textbooks > Medicine & Health Sciences > Medicine > Clinical > Sports Medicine #131 in Books > Medical Books > Medicine > Sports Medicine #257 in Books > Textbooks > Medicine & Health Sciences > Medicine > Basic Sciences > Physiology

Customer Reviews

Peter M. McGinnis, PhD, is a professor in the department of exercise science and sport studies at the State University of New York, College at Cortland, where he has taught since 1990. Before 1990, Dr. McGinnis was an assistant professor in the department of kinesiology at the University of Northern Colorado. During that time he served as a sport biomechanist in the Sports Science Division of the U.S. Olympic Committee in Colorado Springs, where he conducted applied sport biomechanics research, tested athletes, taught biomechanics courses to coaches, and developed educational materials for coaches. Dr. McGinnis is also a biomechanist for the pole vault event for USA Track and Field. As a member of the American Society of Testing Materials, he serves as chair of a task group on pole vault helmets and secretary of a pole vault equipment subcommittee. He has authored numerous articles and technical reports about the biomechanics of pole vaulting, and has been a reviewer for Sports Biomechanics, the Journal of Applied Biomechanics, Research Quarterly for Exercise and Sport, and the Journal of Sports Sciences. Dr. McGinnis is a member of numerous professional organizations including the American College of Sports Medicine; American Society of Biomechanics; and the American Alliance for Health, Physical Education, Recreation and Dance. He received a PhD in physical education from the University of Illinois in 1984 and a BS in engineering from Swarthmore College in 1976.

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.

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.

yahoo

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 Biomechanic students, good luck on this subject. The book will be helpful.

very helpfull on studies and in practice.

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

Got me through biomechanics - practice problems in the back particularly helpful

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.

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