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# Car Racing (Science Behind Sports)



## Synopsis

Books in this series explore the scientific principles behind some of the most popular team and individual sports; basic physical science concepts are explained in an engaging and accessible manner.; This new addition to the Science behind Sports series examines not only the physical aspects needed to be a race car driver, but also how the driver and the car work together. The title talks about not only the physical and mental demands a driver endures; Each volume in the series focuses on one sport and opens with a brief look at the featured sport's origins, history and changes to rules, equipment, or techniques. Subsequent chapters cover the biomechanics and physiology of playing, related health and m

## Book Information

Series: Science Behind Sports

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