



Biomechanics of Sport

Christopher L. Vaughan

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This informative text features current and thorough reviews of the biomechanics of sport for improved performance, etiology, and pre-vention of injuries. Winter sports and aquatics are covered, with an emphasis on developing training programs for ski-jumping, alpine, and cross country skiing. Other sports featured include modeling perspectives in speed skating, swimming, and the mechanics of rowing and sculling. Track-and-field athletics, ball games, weight lifting, and training are examined in terms of per-formance, safety, and re-search methodology. Sports scientists and sports medicine specialists will find this book invaluable.

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