



The Biomechanics of Sports Techniques (4th Edition)

James G. Hay

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Recognized both nationally and internationally as the leading reference guide in the field, this volume provides a scientific basis for analyzing the various sports techniques used in baseball, basketball, football, golf, gymnastics, softball, swimming, and track and field's running, jumping, and throwing. **KEY TOPICS:** The book explains how these techniques are used by first considering the basic factors involved in the performance of each technique, then discusses the current controversies and latest research findings surrounding each technique ... includes revised coverage of track and field -- the sport in which the most important research advances have been made ... discusses basic biomechanical concepts in order, from simple to complex, with each new concept building upon the last ... covers often overlooked aspects such as impulse, mechanical energy, lift and drag, and the segmentation method of locating the center of gravity of an athlete ... provides coverage of forms of motion, linear and angular kinematics, linear and angular kinetics, and fluid mechanics ... plus, contains new and revised illustrations throughout. Ideal for sports trainers, therapists, and anyone involved in biomechanics.

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