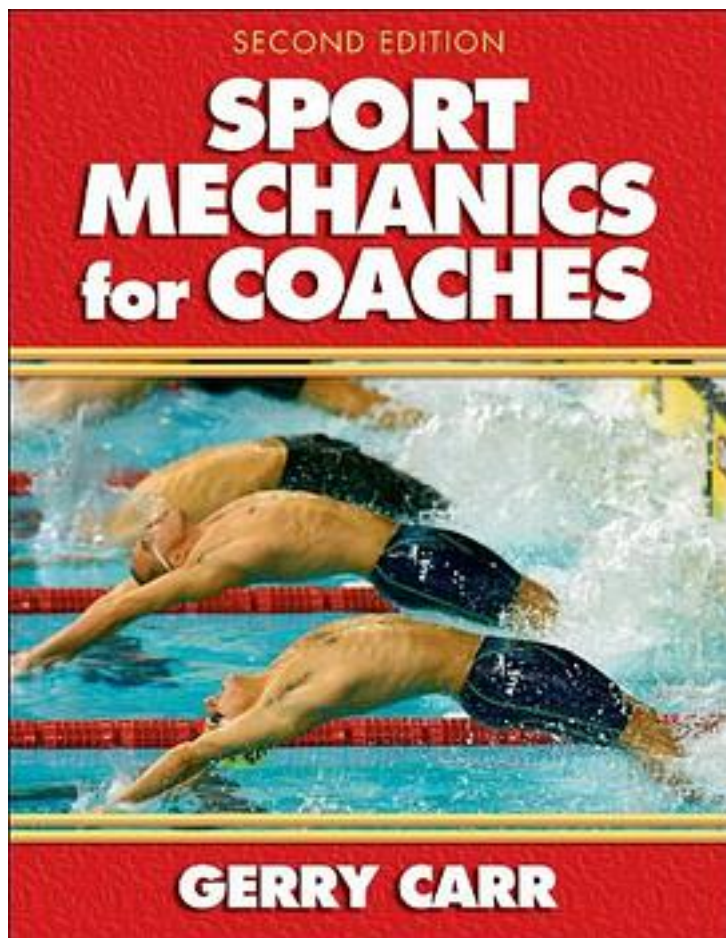


Sport Mechanics for Coaches



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出版者:Human Kinetics

出版时间:2004-2

装帧:Pap

isbn:9780736039727

We've all watched in awe of the grace and precision of the gymnast on the balance beam, the speed and fluidity of the Olympic sprinter, the sheer power of the 95-mile-per-hour fastball. Underlying these athletic accomplishments are complex

mechanics and physics working in perfect synchronization. An acute understanding of sport mechanics can mean the difference between average and elite sport performance. Without it, teachers, coaches, and performers are seriously disadvantaged in selecting the best techniques to use, observing faults and identifying their causes, and devising ways to make corrections. Yet many coaches and athletes have avoided studying sport mechanics because they're intimidated by the scientific terminology and mathematics traditionally associated with the subject. It's the absence of these complexities that makes "Sport Mechanics for Coaches, Second Edition," so unique--and valuable. In this new second edition, author Gerry Carr presents sport mechanics fundamentals in a format that's easy to understand and apply. All-new content addresses recent changes in sport skills, techniques, and equipment that affect biomechanics. The new book incorporates updated explanations and more than 125 illustrations and photos. It also contains more sidebars explaining techniques, achievements, and equipment related to the mechanical concept discussed in each chapter. End-of-chapter review questions and practical activities allow coaches and sport science students the opportunity to conduct hands-on experiments on concepts such as torque, momentum, inertia, and lift. Answers and solutions appear in the back of the book, where you'll also find a glossary, bibliography, and general index. From "Sport Mechanics for Coaches, Second Edition," you'll understand how physical laws influence sport performance, and you'll gain the tools to do the following:

- Observe, analyze, and correct errors in performance
- Assess the effectiveness of innovations in sport equipment
- Examine training methods for potential safety problems
- Assess the value of innovations in the ways in which sport skills are performed
- Know what to expect from different body types and levels of maturity

From his experiences as an Olympic athlete, professor of physical education, and teacher of sport mechanics to national coaches, Carr understands how to relate the scientific relationships and concepts to real sport applications. "Sport Mechanics for Coaches, Second Edition," is a refreshingly clear, understandable, and meaningful resource for your pursuit of superior sport performance. Produced by the American Sport Education Program (ASEP), "Sport Mechanics for Coaches" serves as the text for the ASEP Silver Level course, "Sport Mechanics for Coaches."

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