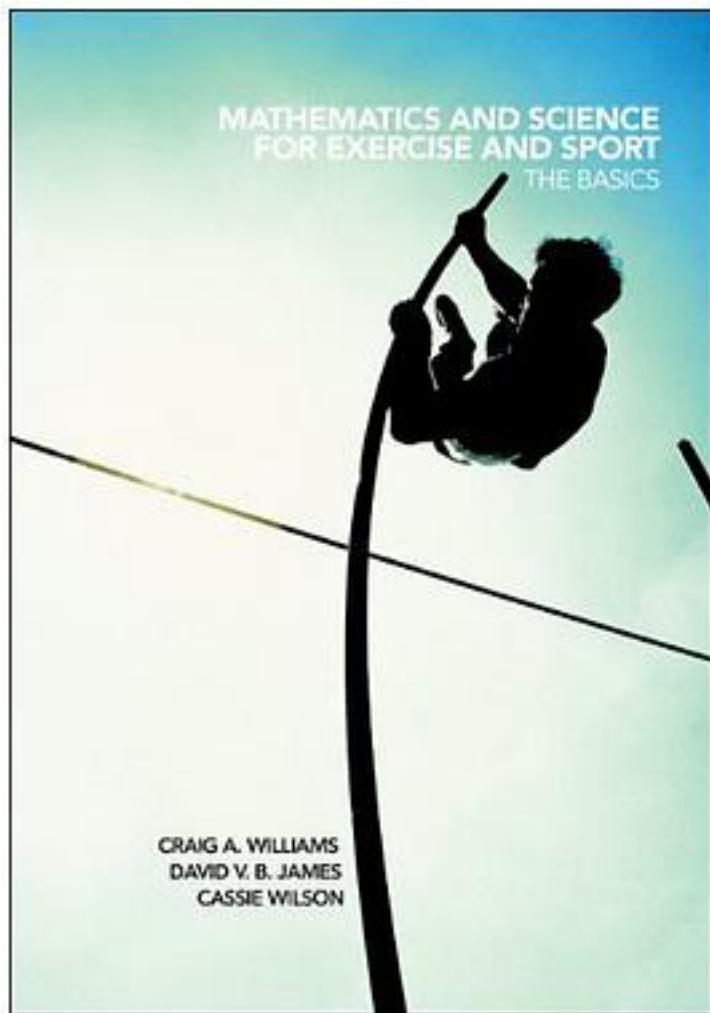


# Mathematics and Science for Exercise and Sport



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"Mathematics and Science for Sport and Exercise" introduces students to the basic

mathematical and scientific principles underpinning sport and exercise science. It is an invaluable course companion for students who have little prior experience of maths or science, and an ideal revision aid for higher level undergraduate students. The book explains the basic scientific principles that help us to understand sport, exercise and human movement, using a wide range of well-illustrated practical examples. Written by three leading sport scientists with many years experience teaching introductory courses, the book guides beginning students through those difficult to grasp areas of basic maths and science, and identifies the common problems and misconceptions that students often experience. It includes coverage of key areas, such as: science of physical states - gas, liquid and solid; science of biomechanics, motion and energy; mathematical formulae, calculus, and differential equations; statistics; scientific report writing; key concepts, such as pressure, torque and velocity; and, self-test features and highlighted key points throughout each chapter. Fully referenced, with guides to further reading, this book is an essential companion for all students on foundation or undergraduate level courses in sport and exercise science, kinesiology, and the human movement sciences.

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