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Skiing (Science Behind Sports)



Synopsis

This new title in the Science behind Sports series provides an in-depth look at the scientific principles behind the sport of skiing. A brief history of the sport is offered followed by chapters that cover the scientific concepts behind downhill skiing, h; 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.; 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

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