

Sport Science

From Routledge Sport



VIEW ANY
**PRODUCT
ONLINE**

USING THE URLS
BELOW EACH
LISTING



Routledge
Taylor & Francis Group

www.routledge.com/sport

FORTHCOMING IN 2011

The Science of Gymnastics



Edited by **Monem Jemni**, University of Greenwich, UK

The Science of Gymnastics is a comprehensive and accessible introduction to the fundamental physiological, biomechanical and psychological principles underpinning this most demanding of sports.

Drawing on cutting edge scientific research, and including contributions from leading international sport scientists and experienced coaches, the book represents an important link between theory and performance. With useful summaries, data and review questions included throughout, the book examines every key aspect of gymnastic training and performance, including:

- energetic, physical and physiological assessment
- training principles
- diet, nutrition and supplementation
- growth and development issues
- kinetics and kinematics
- angular and linear motion
- angular momentum
- stress, anxiety and coping
- motivation and goal setting
- mental skills training for practice and competition
- the psychology of learning and performance.

In a concluding section the authors reflect on how fundamental scientific components (physiology, biomechanics and psychology) interact to enhance gymnastic performance, helping students to develop a better understanding of the relationship between sport science and sporting performance. *The Science of Gymnastics* is essential reading for all students, coaches and researchers with an interest in gymnastics or applied sport science.

Selected Contents: Part 1: Applied Physiology of Gymnastics Part 2: Applied Biomechanics in Gymnastics Part 3: Applied Psychology in Gymnastics Part 4: Interaction Between Physiological, Biomechanical and Psychological Aspects of Gymnastics Performance

January 2011: 246 x 174: 224pp
Hb: 978-0-415-54990-5: **\$155.00**
Pb: 978-0-415-54991-2: **\$54.95**

For more information, visit:
www.routledge.com/9780415549912

FORTHCOMING IN 2011

Exercise and Chronic Disease



An Evidence-Based Approach

Edited by **John Saxton**, Sheffield Hallam University, UK

It is now widely accepted that there are important links between inactivity and lifestyle-related chronic diseases, and that exercise can bring tangible therapeutic benefits to people with long-term chronic conditions. *Exercise and Chronic Disease: An Evidence-Based Approach* offers the most up-to-date survey currently available of the scientific and clinical evidence underlying the effects of exercise in relation to functional outcomes, disease-specific health-related outcomes and quality of life in patients with chronic disease conditions.

Drawing on data from randomized controlled trials and observational evidence, and written by a team of leading international researchers and medical and health practitioners, the book explores the evidence across a wide range of chronic diseases, including:

- cancer
- heart disease
- stroke
- diabetes
- parkinson's disease
- multiple sclerosis
- asthma.

Each chapter addresses the frequency, intensity, duration and modality of exercise that might be employed as an intervention for each condition and, importantly, assesses the impact of exercise interventions in relation to outcomes that reflect tangible benefits to patients. No other book on this subject places the patient and the evidence directly at the heart of the study, and therefore this book will be essential reading for all exercise scientists, health scientists and medical professionals looking to develop their knowledge and professional practice.

Selected Contents: 1. Introduction 2. Coronary Heart Disease 3. Hypertension 4. Stroke 5. Peripheral Arterial Disease/Intermittent Claudication 6. Chronic Obstructive Pulmonary Disease 7. Asthma 8. Osteoarthritis 9. Osteoporosis 10. Rheumatoid Arthritis 11. Ankylosing Spondylitis 12. Multiple Sclerosis 13. Parkinson's Disease Chapter 14. Type 2 Diabetes 15. Obesity 16. Chronic Fatigue Syndrome 17. Fibromyalgia Syndrome 18. Colorectal, Breast And Prostate Cancer

March 2011: 234 x 156: 400pp
Hb: 978-0-415-49860-9: **\$150.00**
Pb: 978-0-415-49861-6: **\$59.95**

For more information, visit:
www.routledge.com/9780415498616

FORTHCOMING IN 2011

Clinical Skills for Exercise Science

Paul D. Bromley, University of Essex, UK

Clinical Skills for Exercise Science is an accessible and authoritative 'how to' guide to laboratory and clinical procedures in exercise physiology. Designed for students and practitioners working in health, medicine and exercise science, the book offers clear, practical advice on how to implement clinical skills with confidence, including authoritative guides to measurement and analysis.

The book introduces the full range of key skills and procedures such as:

- 'soft skills', including history taking and communication with patients and clients
- basic physical examination
- understanding electrocardiography
- venepuncture and venous cannulation
- interpretation of blood test results, blood gas samples and lung function tests
- understanding the chest x-ray
- emergency procedures and resuscitation.

Clinical Skills for Exercise Science is an invaluable practical reference for all sport and exercise students and all professionals involved with patients and clients in a health, clinical or medical setting, including nurses, occupational therapists and physiotherapists.

May 2011: 234 x 156: 210pp
Hb: 978-0-415-48156-4: **\$140.00**
Pb: 978-0-415-48159-5: **\$43.00**

For more information, visit:

www.routledge.com/9780415481595

FORTHCOMING IN 2011

Human Environmental Physiology



Mike Tipton, University of Portsmouth, UK and
Igor Mekjavic, Jozef Stefan Institute, Slovenia

Most of the Earth's surface is covered by water, desert, ice or mountains. Thus for humans (a sub-tropical, low altitude, air-breathing animal) most of the planet represents a hostile environment. This important new book presents an in-depth introduction to human physiological and psychological responses to extreme environments, as well as methods for selecting, preparing and protecting individuals that enter those environments.

Drawing on a wide range of cutting edge scientific sources, including the latest research in molecular biology, the book examines human responses to short and long term exposure to heat, cold air and water, pressure, altitude, microgravity and environmental pollution. Each section contains a detailed introduction to the core science; outlines the typical hazards associated with each environment; and includes recommendations for mitigating decrements in performance and threats to life, such as acclimatization and protective clothing. The book also traces an important evolutionary theme, explaining the physiological implications of mankind's migration from sub-tropical origins to all corners of the planet and into space.

Human Environmental Physiology contains case studies, data, summaries and illustrations throughout, as well as an appendix outlining the most important methodologies and techniques employed in environmental research. It is essential reading for all students and researchers working in sport and exercise, physiology, medicine or biomedical science.

November 2011: 246 x 174: 376pp
Hb: 978-0-415-49100-6: **\$165.00**
Pb: 978-0-415-49101-3: **\$70.00**

For more information, visit:

www.routledge.com/9780415491013

Motor Learning in Practice

A Constraints-Led Approach

Edited by **Ian Renshaw** and **Keith Davids** both at Queensland University of Technology, Brisbane, Australia and **Geert J.P. Savelsbergh**, Vrije Universiteit Amsterdam, The Netherlands and Manchester Metropolitan University, UK

Motor Learning in Practice explores the fundamental processes of motor learning and skill acquisition in sport, and explains how a constraints-led approach can be used to design more effective learning environments for sports practice and performance. Drawing on ecological psychology, the book examines the interaction of personal, environmental and task-specific constraints in the development of motor skills, and then demonstrates how an understanding of those constraints can be applied in a wide range of specific sports and physical activities.

The first section of the book contains two chapters that offer an overview of the key theoretical concepts that underpin the constraints-led approach. These chapters also examine the development of fundamental movement skills in children, and survey the most important instructional strategies that can be used to develop motor skills in sport. The second section of the book contains eighteen chapters that apply these principles to specific sports, including basketball, football, boxing, athletics field events and swimming.

This is the first book to apply the theory of a constraints-led approach to training and learning techniques in sport. Including contributions from many of the world's leading scholars in the field of motor learning and development, this book is essential reading for any advanced student, researcher or teacher with an interest in motor skills, sport psychology, sport pedagogy, coaching or physical education.

Selected Contents: Part 1 Part 2

March 2010: 234 x 156: 272pp
Hb: 978-0-415-47863-2: **\$140.00**

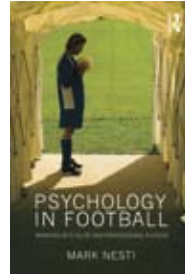
For more information, visit:
www.routledge.com/9780415478632

Psychology in Football

Working with Elite and Professional Players



Mark Nesti, Liverpool John Moores University, UK



- How can the skills of the sport psychologist be put to best use within a football club?
- How can a sport psychologist help elite footballers perform at their maximum level?

In this groundbreaking guide to the role of the sport psychologist within elite and professional football, leading sport psychologist Mark Nesti argues that working closely with coaches

and players to create a receptive environment is vital if psychologists are to add maximum value to team and individual performances.

Drawing on a decade's professional experience working at the top level of English football, Nesti offers a detailed guide to delivering sport psychology in an elite team sport environment, from practical drills on the training field to shaping organizational behaviour at club level. The book explores the full range of issues and themes that define the role of the professional sport psychologist working in football today, including:

- mental skills training
- group cohesion and team dynamics
- counselling, trust and confidentiality
- transitions in football
- managerial and coaching philosophies
- structure, communication and organizational psychology.

The book is illustrated throughout with real-world case studies, drawing on research into sixteen professional clubs across five European countries, and concludes by suggesting how other elite team sports can learn from the experiences of professional football. This is the only book to outline a holistic approach to psychology in football and the to offer such a rich combination of theory and practice. It is therefore essential reading for all students of sport psychology and all psychologists and coaches working in elite team sport.

Selected Contents: Introduction 1. Knowing Professional Football 2. One to One Sports Psychology Counselling in Premiership and Professional Football 3. Supporting the Coaching Team and Developing the Staff 4. Supporting the Manager 5. Creating and Managing the Environment 6. The Liaison Officer 7. Trust Values Confidentiality and Identity 8. Football Lessons

June 2010: 234 x 156: 216pp
Hb: 978-0-415-54998-1: **\$125.00**
Pb: 978-0-415-54999-8: **\$49.95**

For more information, visit:
www.routledge.com/9780415549998

NEW

Projectile Dynamics in Sport

Principles and Applications

Colin White, EXPERT Centre, Portsmouth, University, UK

- How can we predict the trajectory of a baseball from bat to outfield?
- How do the dimples in a golf ball influence its flight from tee to pin?
- What forces determine the path of a soccer ball steered over a defensive wall by an elite player?

An understanding of the physical processes involved in throwing, hitting, firing and releasing sporting projectiles is essential for a full understanding of the science that underpins sport. This is the first book to comprehensively examine those processes and to explain the factors governing the trajectories of sporting projectiles once they are set in motion.

From a serve in tennis to the flight of a 'human projectile' over a high jump bar, this book explains the universal physical and mathematical principles governing movement in sport, and then shows how those principles are applied in specific sporting contexts. Divided into two sections, addressing theory and application respectively, the book explores key concepts such as:

- friction, spin, drag, impact and bounce
- computer and mathematical modelling
- variable sensitivity
- the design of sports equipment
- materials science.

Richly illustrated throughout, and containing a wealth of research data as well as worked equations and examples, this book is essential reading for all serious students of sports biomechanics, sports engineering, sports technology, sports equipment design and sports performance analysis.

Visit the companion website at

www.routledge.com/textbooks/9780415473316

Selected Contents: **Section 1: The Theory** 1. Sports Projectile Modeling – Why, How and .So What! 2. Launching Projectiles into Motion 3. Motion of Projectiles under the Influence of Gravity 4. Impact and Bounce 5. Drag and Lift 6. The Effects of Spin **Section 2: Practical Applications** Chapter 7. Shot Put and Hammer 8. Discus 9. Javelin 10. Golf 11. Tennis and Squash 12. Cricket and Baseball 13. Football Chapter 14. Rugby and American Football 15. Some Assorted Sporting Projectiles **Appendices**

August 2010: 246 x 174: 352pp
Hb: 978-0-415-47331-6: **\$155.00**

For more information, visit:

www.routledge.com/9780415473316

NEW

Children and Exercise XXV

The proceedings of the 25th Pediatric Work Physiology Meeting

Edited by **Georges Baquet**, Lille 2 Université, France and **Serge Berthoin**, Lille 2 Université, France

Children and Exercise XXV presents the latest research in the field of paediatric exercise sciences, focusing on the interaction between physical activity, exercise or sport on the one hand, and nutrition, metabolism regulation, cardio-respiratory function or muscle function on the other.

Including contributions from leading international experts, the book is arranged into six thematic sections addressing:

- Metabolic syndrome and nutrition
- Hormonal and inflammatory regulations
- Cardio-respiratory function
- Children's performance
- Fitness assessment
- Physical activity

Offering a critical review of current topics and reports of contemporary research, this is a key text for all researchers, teachers, health professionals and students with an interest in paediatric sport and exercise science, sports medicine and physical education.

The papers contained within this volume were first presented at the 25th Paediatric Work Physiology meeting, held in Le Touquet, France, in September 2009.

Selected Contents: Part 1: Keynote Lectures
Part 2: Metabolic Syndrome and Nutrition Part 3: Hormonal and Inflammatory Regulations Part 4: Cardiorespiratory Functions Part 5: Children's Performances Part 6: Fitness Assessment Part 7: Physical Activity

October 2010: 234 x 156: 280pp
Hb: 978-0-415-57514-0: **\$140.00**

For more information, visit:

www.routledge.com/9780415575140

NEW

Routledge Handbook of Applied Sport Psychology

A Comprehensive Guide for Students and Practitioners

Edited by **Stephanie J. Hanrahan**, The University of Queensland, Australia and **Mark B. Andersen**, Victoria University, Australia



The *Routledge Handbook of Applied Sport Psychology* is a definitive guide to the theory and practice of sport psychology. It goes further than any other book in surveying the full variety of issues that practising sport psychologists will confront in their working lives. It introduces the most important tools and skills that psychologists must employ to get the best out of their clients

and, crucially, it adopts a holistic definition of the role of the sport psychologist, explaining how effective counselling, measured assessment and therapeutic models can add an important extra dimension to professional practice.

Selected Contents: Introduction Section 1: Counseling Section 2: Assessment Section 3: Theoretical and Therapeutic Models Section 4: Individual Issues Section 5: Team-related Issues Section 6: Working with Specific Populations Section 7: Mental Skills Conclusion

October 2010: 246 x 174: 584pp
Hb: 978-0-415-48463-3: **\$180.00**

For more information, visit:
www.routledge.com/9780415484633

NEW • 5TH EDITION

Drugs in Sport



Edited by **David R. Mottram**, Liverpool John Moores University, UK



Drug use and abuse is perhaps the biggest challenge facing sport today. However, in the eye of the storm of public and press opinion and with medals and morals at stake it can be difficult to gain a clear perspective on this complex issue. *Drugs in Sport* is the most comprehensive and accurate text available on the subject. Now in a fully revised and updated fifth edition, taking into account the latest regulations, methods and

landmark cases, the book explores the hard science behind drug use in sport, as well as the ethical, social, political and administrative context.

Accessibly written, extensively referenced, and supported throughout with illustrative case studies and data, *Drugs in Sport* provides a comprehensive, objective resource for students and researchers, athletes, sports scientists, coaches, journalists, sports administrators and policymakers.

Selected Contents: Section 1: The Basis for and Regulation of Drug Use in Sport 1. An Introduction to Drugs and Their Use in Sport 2. An Historical Perspective of Doping and Anti-doping in Sport 3. Medicines for Olympic and Commonwealth Games **Section 2: Substances and Methods Prohibited in Sport** 4. Anabolic Agents 5. Peptide Hormones and Related Substances 6. Beta-2 Agonists 7. Hormone Antagonists and Modulators 8. Diuretics and Other Masking Agents 9. Enhanced Oxygen Transfer 10. Prohibited Methods – Chemical and Physical Manipulation 11. Gene Doping 12. Stimulants 13. Narcotic Analgesic Drugs 14. Cannabinoids 15. Glucocorticosteroids 16. Alcohol 17. Beta blockers **Section 3: Substances and Methods Permitted in Sport** 18. Supplements for High Intensity Exercise: Creatine and Other Ergogenic Aids 19. Supplement Use in Sport 20. Caffeine 21. Over-the-counter Stimulants and Herbal Preparations 22. Non Steroidal Antiinflammatory Drugs 23. Melatonin and Related Substances 24. Hypoxic Chambers and Other Artificial Environments **Section 4: The Extent of Doping in Sport** 25. Prevalence of Drug Misuse in Sport

November 2010: 234 x 156: 424pp
Hb: 978-0-415-55086-4: **\$165.00**
Pb: 978-0-415-55087-1: **\$54.95**

For more information, visit:
www.routledge.com/9780415550871

TEXTBOOK • 2ND EDITION

Physical Activity and Health

The Evidence Explained

Adrienne E. Hardman, Loughborough University, UK
and **David J. Stensel**, Loughborough University, UK



'I wish I had had this textbook as a student – it would have made learning about the health benefits of physical activity much easier! By housing a comprehensive variety of topics in a single volume, the textbook is a wonderful resource for anyone, whether student or professional, wanting to find

out more about physical activity and health.' – *I-Min Lee, MBBS, MPH, ScD; Associate Professor of Medicine, Harvard Medical School. Associate Professor of Epidemiology, Harvard School of Public Health*

Physical Activity and Health explains clearly, systematically and in detail the relationships between physical activity, health and disease, and explores the benefits of exercise in the prevention and treatment of health conditions such as cardiovascular disease, diabetes, obesity, osteoporosis, and cancer. The book includes tables, figures, plates and study aids throughout, and is supported by a companion website at www.routledge.com/textbooks/9780415421980.

Selected Contents: Part 1: Assessing the Evidence

1. Introduction 2. Nature of the Evidence 3. Physical Activity and Mortality **Part 2: Influence of Physical Activity on the Risk of Disease** 4. Cardiovascular Disease 5. Type 2 Diabetes 6. Obesity 7. Metabolic Syndrome 8. Cancer 9. Skeletal Health **Part 3: Physical Activity in Youth and Old Age** 10. Children's Health 11. Ageing **Part 4: Physical Activity: Risks and Opportunities** 12. Hazards 13. Public Health

2009: 246 x 174: 376pp

Hb: 978-0-415-45585-5: **\$160.00**

Pb: 978-0-415-42198-0: **\$59.95**

For more information, visit:

www.routledge.com/9780415421980



NEW IN PAPERBACK

Routledge Handbook of Biomechanics and Human Movement Science

Edited by **Youlian Hong**, Chinese University of Hong Kong and **Roger Bartlett**, University of Otago, New Zealand

Series: *Routledge International Handbooks*



The Routledge Handbook of Biomechanics and Human Movement Science is a landmark work of reference. Now available in a concise paperback edition, it offers a comprehensive and in-depth survey of current theory, research and practice in sports, exercise and clinical biomechanics, in both established and emerging contexts.

Including contributions from many of the world's leading biomechanists, the book is arranged into five thematic sections:

- Biomechanics In Sports
- Injury, Orthopedics And Rehabilitation
- Health And Rehabilitation
- Training, Learning And Coaching
- Methodologies And Systems Of Measurement.

Drawing explicit connections between the theoretical, investigative and applied components of sports science research, this book is both a definitive subject guide and an important contribution to the contemporary research agenda in biomechanics and human movement science. It is essential reading for all students, scholars and researchers working in sports biomechanics, kinesiology, ergonomics, sports engineering, orthopaedics and physical therapy.

Selected Contents: Section 1: Biomechanics in Sports

Section 2: Injury, Orthopedics and Rehabilitation

Section 3: Health and Rehabilitation Section 4: Training,

Learning and Coaching Section 5: Methodologies and

Systems of Measurement

2008: 246 x 174: 420pp

Hb: 978-0-415-40881-3: **\$260.00**

Pb: 978-0-415-57693-2: **\$59.95**

For more information, visit:

www.routledge.com/9780415576932

Pharmacology, Doping and Sports



A Scientific Guide for Athletes, Coaches, Physicians, Scientists and Administrators

Edited by **Jan L. Fourcroy**, Walter Reed Army Hospital, USA

The work of dope testers is constantly being obstructed by the development of ever harder-to-trace new forms of banned substances. Organisations such as the World Anti-Doping Association and the United States Anti-Doping Agency are pioneering cutting-edge techniques designed to keep competition at the highest level fair and safe, and must ensure that their drug testing laboratories adhere to the highest scientific standards. In *Pharmacology, Doping and Sports* these techniques and procedures are explained by the anti-doping experts who practice them.

Broad-ranging in scope, this book examines the effects of performance-enhancing substances on the athlete's health; the role of anti-doping procedures as an ethical question, and explains the background to, and the emergence of, the anti-doping movement. The book also offers in-depth analysis of key scientific matters, such as:

- standard analytical and diagnostic tests for sports doping
- regulatory standards for laboratory proficiency
- common performance-enhancing techniques such as anabolic and designer steroids, blood doping, growth hormones, and gene doping
- carbon-isotope ratio testing.

Written by some of the world's leading authorities on the science of sports doping, *Pharmacology, Doping and Sports* provides an invaluable study of up-to-the-minute anti-doping techniques. This book is essential reading for all sports scientists, coaches, policy-makers, students and athletes interested in the science or ethics of doping in sport.

2008: 234 x 156: 240pp
Hb: 978-0-415-42845-3: **\$180.00**
Pb: 978-0-415-57822-6: **\$49.95**

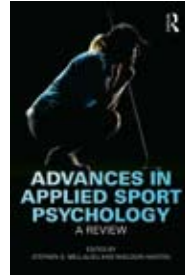
For more information, visit:
www.routledge.com/9780415578226

Advances in Applied Sport Psychology



A Review

Edited by **Stephen Mellalieu**, Swansea University, UK and **Sheldon Hanton**, University of Wales Institute, Cardiff, UK



Advances in Applied Sport Psychology aims to bridge the gap between research and practice in contemporary sport psychology. Now available in paperback, the book draws together reviews of cutting edge research in key areas of applied sport psychology, assesses the implications of this research for current practice, and explores future avenues of research within each thematic area.

This book surveys the scientific literature underpinning the most important skills and techniques employed in contemporary sport psychology, examining key topics such as:

- imagery
- goal setting
- self-talk
- stress management
- team building
- efficacy management
- attention control
- emotion regulation
- mental toughness.

Representing the most up-to-date review of current scientific research, theory and practice in sport psychology, this book is a vital resource for all advanced students, researchers and practitioners working with athletes and sports performers.

Selected Contents: 1. Imagery Interventions in Sport 2. A Framework for the Study and Application of Self-talk Within Sport 3. The Application of Goal Setting in Sport 4. Stress Management in Applied Sport Psychology 5. Getting a Grip on Emotion Regulation in Sport: Conceptual Foundations and Practical Application 6. Attention in Sport 7. A Review of Self-Efficacy Based Interventions 8. Letting the Social and Cognitive Merge: New Concepts for an Understanding of Group Functioning in Sport 9. Mental Toughness in Sport: Conceptual and Practical Issues

2008: 234 x 156: 368pp
Hb: 978-0-415-44763-8: **\$180.00**
Pb: 978-0-415-57702-1: **\$49.95**

For more information, visit:
www.routledge.com/9780415577021

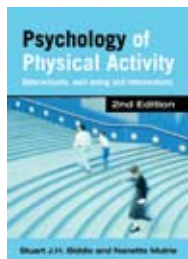
TEXTBOOK • 2ND EDITION

Psychology of Physical Activity



Determinants, Well-Being
and Interventions

Stuart J.H. Biddle and **Nanette Mutrie**



In today's urbanized and technologized society, physical activity is becoming an increasingly peripheral part of our daily lives.

This second edition is updated to reflect new findings and current research directions, and includes full textbook features, such as key points and chapter summaries. A dedicated accompanying website provides lecturers and students

with extensive supporting materials, including slide presentations and self-test questions.

Psychology of Physical Activity is a comprehensive account of our psychological knowledge about physical activity covering:

- motivation and the psychological factors associated with activity or inactivity
- the feel-good factor: the psychological outcomes of exercising, including mental health illness and clinical populations
- interventions and applied practice in the psychology of physical activity
- current trends and future directions in research and practice.

This textbook is essential for students of sport and exercise science, exercise physiology, health psychology, occupational therapy and physical education.

Visit the companion website at: www.routledge.com/textbooks/9780415366656.

Selected Contents: **Part 1** 1. Introduction **Part 2**
2. Motivation for Physical Activity: Introduction and Overview
3. Motivation Through Feelings of Control 4. I Can! Motivation Through Feelings of Competence and Confidence 5. Linking Attitudes with Physical Activity 6. Physical Activity Theories and Models: Stages, Phases and Overlap 7. What I feel and Where I Am: Exercise Perceptions and Social Environments
Part 3 8. The Feel Good Factor: Physical Activity and Psychological Well-Being 9. Depression and Other Mental Illnesses 10. The Psychology of Exercise for Clinical Populations **Part 4** 11. Making a Difference 1: Intervention Strategies for the Individual 12. Making a Difference 2: Interventions in Organisations and Communities
13. Conclusions and Future Directions

2007: 246 x 174:448pp
Hb: 978-0-415-36664-9: **\$180.00**
Pb: 978-0-415-36665-6: **\$64.95**

For more information, visit:

www.routledge.com/9780415366656

2ND EDITION

Introduction to Sports Biomechanics

Analysing Human Movement Patterns

Roger Bartlett



Introduction to Sports Biomechanics provides a genuinely accessible and comprehensive guide to all of the biomechanics topics covered in an undergraduate sports and exercise science degree.

Now revised and in its second edition, *Introduction to Sports Biomechanics* is full of visual aids to support the text. Every chapter contains cross references to key

terms and definitions from that chapter, learning objectives and summaries, study tasks to confirm and extend your understanding, and suggestions to further your reading.

Clearly structured and with many student friendly features, the text covers:

- movement patterns – exploring the essence and purpose of movement analysis
- qualitative analysis of sports movements
- movement patterns and the geometry of motion
- quantitative measurement and analysis of movement
- force and torques – causes of movement
- the human body and the anatomy of movement.

This edition is supported by a website containing animation and video clips, and offers sample data tables for comparison and analysis and multiple choice questions to confirm your understanding of the material in each chapter. *Introduction to Sports Biomechanics* is a must have for students of sport and exercise, human movement sciences, ergonomics, biomechanics, and sports performance and coaching.

Visit the companion website at: www.routledge.com/textbooks/9780415339940.

Selected Contents: 1. Movement Patterns – The Essence of Biomechanics 2. Qualitative Analysis of Sports Movements 3. More on Movement Patterns – The Geometry of Motion 4. Quantitative Analysis of Movement 5. Causes of Movement – Forces and Torques 6. The Anatomy of Human Movement

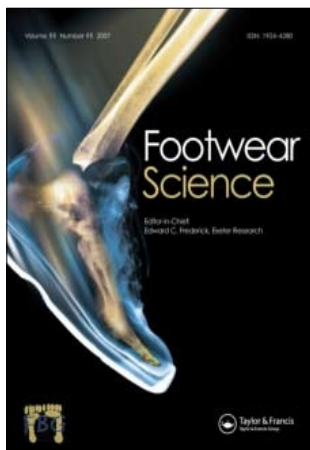
2007: 246 x 174: 320pp
Hb: 978-0-415-33993-3: **\$170.00**
Pb: 978-0-415-33994-0: **\$64.95**

For more information, visit:

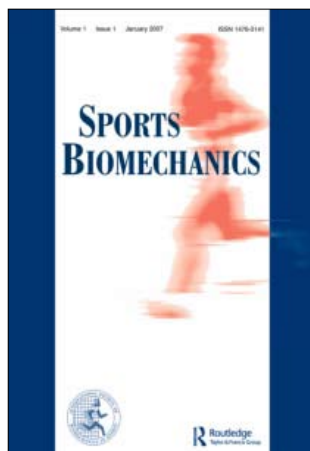
www.routledge.com/9780415339940

Free access for 1 month to Sport Science Journals

To take advantage of this offer and gain instant free access, go to **informaworld** and enter this code: VSPORT00016FD9



Click on the covers to find out more information about the individual journals



If you are not already registered with informaworld, click 'Register' and create a personal account in just a minute.


Offer ends: **31/12/2011**


Routledge
Taylor & Francis Group

ORDER YOUR BOOKS TODAY...

Available through your bookstore or from Routledge. To order in the US, Canada and Latin America, please contact:

 **MAIL:**
Routledge
7625 Empire Drive
Florence, KY 41042

 **TELEPHONE:**
Toll Free: 1-800-634-7064
(M-F: 8am - 5:30pm)
International:
(561) 361-6000, ext. 6418

 **FAX:**
Toll Free: 1-800-248-4724
International: (561) 361-6075

 **EMAIL:**
orders@taylorandfrancis.com

 **ONLINE:**
www.routledge.com

Bookstores


LATIN AMERICA

Taylor & Francis
6000 Broken Sound Pkwy NW, Ste. 300
Boca Raton, FL 33487

Call International:
(561) 361-6000, ext. 6418
Fax International: (561) 361-6075
Email: orders@taylorandfrancis.com

DISTRIBUTOR OF CHOICE IN CANADA

Login Canada
300 Saulsteaux Cr.
Winnipeg, MB R3J 3T2
Call Toll Free: 1-800-665-1148
Fax Toll Free: 1-800-665-0103
Fax: (204) 837-2987
Email: sales@lb.ca

FREE SHIPPING! Web orders over \$35 receive free shipping. (in US and Canada only) 

Qty	Title	ISBN	Price

SHIPPING & HANDLING

US: \$5.99 1st book; \$1.99 each additional book.
Canada: Ground: \$7.99 1st book; \$1.99 each additional book.
Expedited: \$15.99 1st book; \$1.99 each additional book.
Latin America: Airmail: \$44.00 1st book; \$7.00 each additional book.
Surface: \$17.00 1st book; \$2.99 each additional book.

SALES TAX/GST



Residents of AZ, CA, CO, CT, FL, GA, IL, IN, KY, MA, MD, ME, MO, NJ, NY, PA, TN, TX, UT, VA and CANADA please add local sales tax.
Canadian residents please add 5% GST.

Prices and publication dates are subject to change without notice.

Method of Payment

Institutions: Please attach your institutional purchase order to this form.
Individuals: We request that all US and Canadian individual orders be prepaid by check, money order, or credit card. Latin American individual orders be prepaid by money order or credit card only.

I have included my check (US and Canada only) or money order for the full amount due, made payable to Taylor & Francis/Routledge.

Please charge my credit card: **VISA**  

Name on credit card: _____ Exp date: ____/____/____

Account number:

Signature: _____ Date: ____/____/____
(order not valid without signature)

Your Details – Please use block capitals.

Name: _____

Email: _____

Department: _____

Institution: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Country: _____ Telephone: _____

COMPLIMENTARY EXAM REQUEST

To order a complimentary exam copy, please contact us using one of the methods below.

 **TELEPHONE:** Toll Free: 1-800-634-7064

 **FAX:** Toll Free: 1-800-248-4724

 **ONLINE:** www.routledge.com/info/compcopy



LIBRARY RECOMMENDATION

Ensure that your library has access to all the latest publications.

Visit www.routledge.com/info/librarian.asp today and complete our online Library Recommendation Form.