



Sports Science: A Complete Introduction: Teach Yourself

By Simon Rea

Hodder & Stoughton General Division. Paperback. Book Condition: new. BRAND NEW, Sports Science: A Complete Introduction: Teach Yourself, Simon Rea, Written by a Lecturer in Sport and Fitness with over ten years' experience in teaching and devising degree modules, Sports Science: A Complete Introduction is designed to give you everything you need to succeed, all in one place. It covers the key areas that students are expected to be confident in, outlining the basics in clear, jargon-free English and providing added-value features like summaries of key experiments and even lists of questions you might be asked in your seminar or exam. Each chapter covers a key introductory area, so by the end of the book you'll have a clear understanding of the essential principles of sport science. Starting with key points in anatomy and physiology, it covers sports psychology, biomechanics and also introduces sports nutrition, as well as how to plan research in sport. It is structured to mirror the way sport science is taught on many first year undergraduate and foundation degree courses. By the end you'll have a clear understanding of the essential principles of sport science.



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