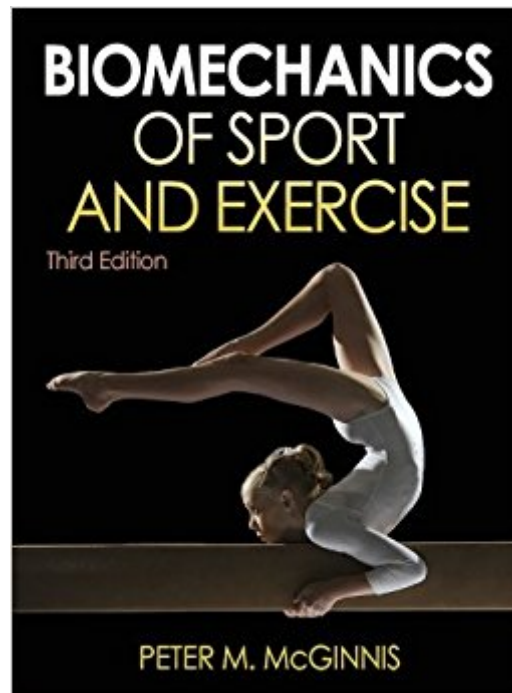




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Biomechanics Of Sport And Exercise, 3E



Synopsis

Biomechanics of Sport and Exercise, Third Edition, introduces exercise biomechanics in concise terms that explain external forces and their effects, how the body generates forces to maintain position, and how forces create movement.

Book Information

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Customer Reviews

It provides the details needed to understand a concept. The only problem that I see with it is that some of the question are not worded well so you might not know what it is asking exactly, but it does provide a clear picture of the direction it wants you to go in. As for maxtraq, I thought I would have to buy the software. It is only \$20, but I was surprised that the code in the book still worked.

Student needed for class. Short delivery time.

The Kindle version of this e-book is terrible. It is missing subscripts in some of the equations and if you try to zoom in on any of the equations, you can't read them clearly. It is difficult to navigate the

book. The pages turn slowly and so if you're trying to skim for something it is nearly impossible.

At the time, it was hard for me to get a book in any condition less than new or like new, so I had to break the bank. The chapters are arduous and boring, I was able to sell it back for decent money. But it wasn't a very interesting text so I had no incentive to keep it.

This book is in great shape for being used. Thanks for helping a college kid save some money.

A little too much theory, but still good, unfortunately not the book i needed for the class, but for those who do its likely to help

This is a nice text with clear explanations, however it is VERY verbose! I wound up purchasing Biomechanics for Dummies to help break down the concepts (which was a GREAT purchase).

Perfect book for my class. Much cheaper than buying from the college bookstore.

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