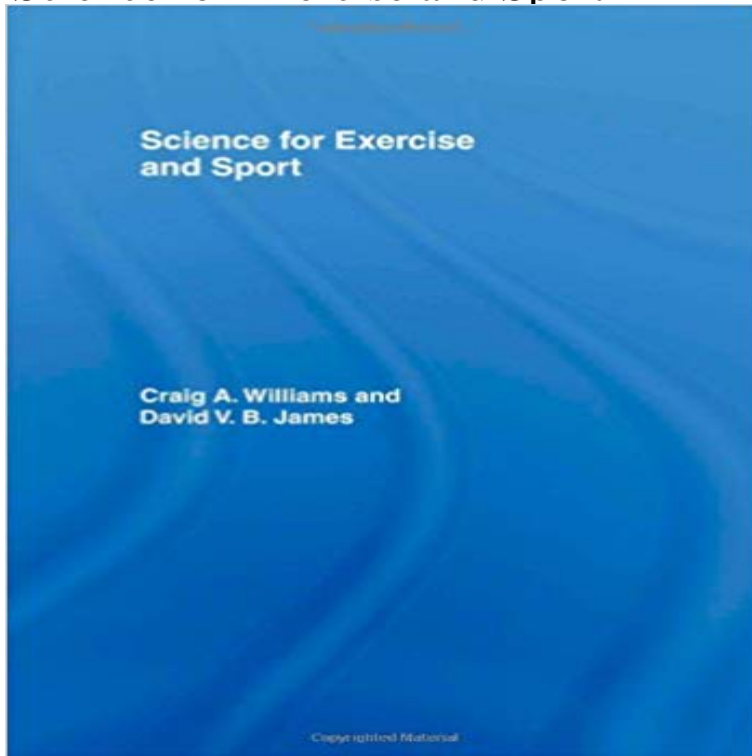


Science for Exercise and Sport



This handbook is written for undergraduate sport studies and sport and exercise students. It introduces students to the basic scientific principles that will underpin their learning and is aimed primarily at those who have little or no background in science. Craig Williams and David James apply key scientific concepts to real situations to better understand the principles at work. Clearly divided into three sections, the text covers: * the three physical states of gas, liquid and solid * explanations of forces, energy and electricity - including pressure, torque and joint velocity * data analysis, ICT and report writing - important areas for the scientist. Science for Exercise and Sport provides the student with all the basic scientific background information they need and demonstrates how the theory can be used to map and monitor the human body in the sport and exercise discipline.

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