

An Introduction To Sports Science Through The Concepts Of Sports Training

Sports science is the study of the human body in relation to physical activity. It is a multidisciplinary field that draws on a variety of disciplines, including exercise physiology, nutrition, biomechanics, and psychology. Sports science can be used to improve athletic performance, prevent injuries, and promote overall health and fitness.



Sports Training Science: An Introduction to Sports Science through the Concepts of Sports Training

by Thomas W. Miller

★★★★☆ 4.1 out of 5

Language : English
File size : 1071 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting: Enabled
Word Wise : Enabled
Print length : 218 pages
Lending : Enabled



This book provides a comprehensive to the field of sports science, with a focus on the concepts of sports training. It is written in a clear and accessible style, and is suitable for students, coaches, and athletes of all levels.

Chapter 1: The Science of Sports Training

This chapter provides an overview of the science of sports training. It discusses the principles of training, the different types of training, and the factors that affect training adaptations.

Chapter 2: Exercise Physiology

This chapter provides an overview of exercise physiology. It discusses the body's response to exercise, the different energy systems, and the factors that affect exercise performance.

Chapter 3: Nutrition for Athletes

This chapter provides an overview of nutrition for athletes. It discusses the different nutrients that athletes need, the importance of hydration, and the role of supplements.

Chapter 4: Biomechanics of Sport

This chapter provides an overview of biomechanics of sport. It discusses the principles of mechanics, the different types of forces that act on the body during movement, and the factors that affect movement efficiency.

Chapter 5: Psychology of Sport

This chapter provides an overview of the psychology of sport. It discusses the mental skills that athletes need to succeed, the importance of motivation, and the role of mental health in athletic performance.

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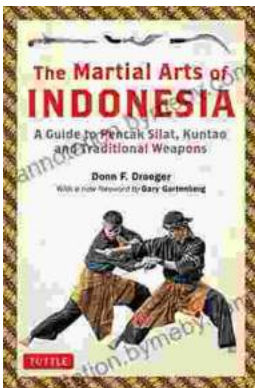


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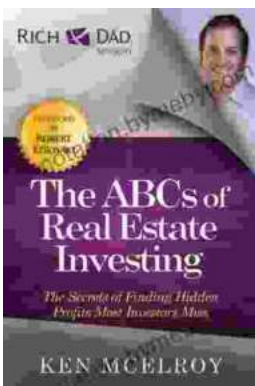
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