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Biomechanics of Sport and Exercise Book Summary : Biomechanics of Sport and Exercise, Second Edition, introduces exercise and sport biomechanics in concise terms rather than focusing on complex math and physics. This book helps students learn to appreciate external forces and their effects, how the body generates forces to maintain position, and how forces create movement in physical activities.

Biomechanics of Sport and Exercise, Third Edition
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Biomechanics of Sport and Exercise eBook, Third Edition With Web Resource, is supplemented with two companion resources that will help students better comprehend the material. The web resource includes all of the problems from the book, separated by chapter, plus 18 sample problems that guide students step by step through the process of solving.

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