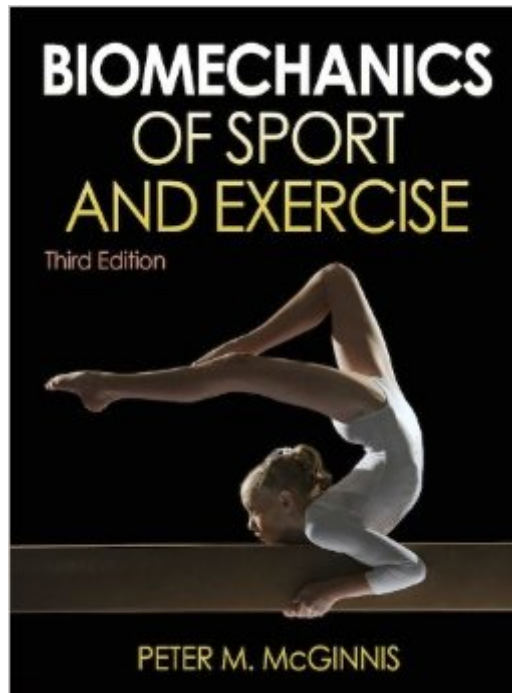


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# Biomechanics Of Sport And Exercise, 3E



## 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

File Size: 5121 KB

Print Length: 456 pages

Publisher: Human Kinetics; 3 edition (March 26, 2013)

Publication Date: January 1, 2013

Sold by:Â Digital Services LLC

Language: English

ASIN: B00CB12TR8

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #233,181 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #10

inÂ Kindle Store > Kindle eBooks > Nonfiction > Science > Biological Sciences > Biophysics #33

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## Customer Reviews

I would expect a book on biomechanics to explain the 'bio' and the 'mechanics'. This book assumes you already know all about the bio and nothing about the mechanics. So if you are a 'bio' person, familiar with the names of every bone muscle tendon, etc. in the body and want a primer on the basic laws of mechanics and how these relate to motion of the human body then this is probably an OK book. If you are a 'mechanics' person, familiar with torque, work, power, energy, etc. and want a primer on the the basic bones/muscles/tendons/ligaments structure and how these relate to human movement then I think this book won't be much help. I come from an engineering background and am already familiar with Newton's laws of motion, torque, etc. Since I've started doing a bit of track and field coaching I wanted a book which would help me understand the actions

of the various muscles etc. in an engineering context. For this purpose the book is more or less useless. I couldn't find a single illustration of the skeleton with the names of the bones, or of the muscles or tendons or ligaments. When the book says things like "Your index finger should be able to feel the tendon of your right biceps brachii, and your thumb should feel the back of your elbow, the olecranon process of your ulna." I have no clue what it's talking about and I couldn't find anything to help me. When I went to the index in the hope of finding an illustration all I found was a reference to "The anatomical insertion of the triceps brachii is always the olecranon process of the ulna...". Need I say more? I was tempted to rate the book 3 stars but I think the illustrations are too weak. Suppose you are considering the forces involved when you bend your arm. Even if you know your anatomy & physiology inside out I think you'd want the illustrations to show the muscles and tendons involved.

This book is a good book if you are trying to review physics, but the application to sport and exercise is not great. There are kind of silly and simple examples that it tries to apply the physics concepts to sports, such as how much torque would it take to tip over a portable basketball if somebody is hanging on the rim. I wish it was more of a kinesiology book with physics applied than physics with little sport applied.

This book isn't bad in its approach to the fundamental concepts -- it's laid out pretty well, with the key points emboldened and the most important offset completely -- but it is terrible in physical and mathematical application. It makes things ten times harder than they really are; it doesn't have clear, stepwise examples; many times it will explain a topic but then give no example of how to use it; and sometimes will give the answer to a problem, then tell you how it was done several pages later. I would recommend whatever physics textbook you used (or that you purchase a used one) to supplement this. One thing I loved about the book was the paper -- very thick, construction-type paper. This made it excellent for taking notes on the side and highlighting not leaking through.

It provides the details needed to understand a concept. The only problem that I see with it is that some of the questions 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.

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.

I really didn't find this book helpful. When it came to certain problems even going to the back of the book for solutions and trying to work backwards from them was difficult. If you can, try to find a differing version of biomechanics and look to that for guidance. I took this class with instructor Holman at VCU and while it's clear he is very intelligent and knows what he's doing it seems like he has a difficult time conveying certain material to his student.

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).

Nice diagrams and explanations for things. Physical applications in the book were helpful as well.

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