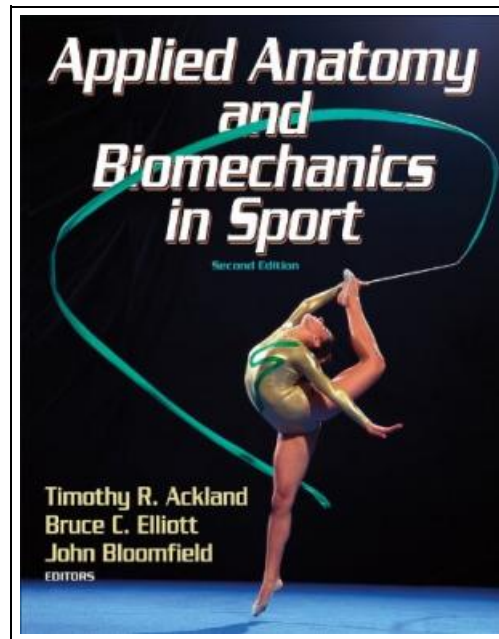


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Human Kinetics Publishers, United States, 2008. Hardback. Condition: New. 2nd Revised edition. Language: English . Brand New Book. This new second edition concentrates on the various ways in which an athlete, whether the average participant or the elite competitor, can modify technique to achieve optimal performance. Its emphasis on athletic assessment and physical capacity modification provides a unique perspective that will help coaches and other sport professionals appraise the body structure of their athletes so that strengths can be fully utilised and weaknesses improved. The book relies on current research findings and proven methods in developing physical athletic performance and to help readers learn to recognise and use appropriate methods to develop optimal physical qualities for skilled performance. The text categorises 30 international sports into nine distinct groups organised by common features, e.g. racket sports; aquatic sports; gymnastics and power sports. Within each group, techniques that improve performance are analysed with specific examples given from a variety of international coaches. Using this text, readers can integrate and apply the elements of body structure, body composition, assessment, physiology and biomechanics to assess current capabilities and enhance the performance of athletes.



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