



Tennisology

By Thomas W. Rowland

Human Kinetics Publishers. Paperback. Book Condition: new. BRAND NEW, Tennisology, Thomas W. Rowland, This book looks inside the science of serves, nerves and on-court dominance. Thought provoking and original, Tennisology delves into the science, psychology and history of tennis, the world's most popular individual sport, in search of the factors that truly influence successful on-court play. Based on the latest research, statistics and analysis, Tennisology provides fascinating insights and observations on development, conditioning and performance. Readers will also discover how to apply the laws of physics to improve accuracy and consistency of shots and serves; how to structure training to minimise fatigue in lengthy matches; and how technology has affected the way the game is played, officiated and coached. From the historical roots of modern tennis to the physical attributes that define the game, Tennisology will captivate readers and make them think more about the game.



READ ONLINE
[4.11 MB]

Reviews

This type of pdf is every little thing and helped me searching forward and more. It can be writer in easy words and phrases and never hard to understand. You will not really feel monotony at anytime of your respective time (that's what catalogues are for about should you request me).

-- Fern Bailey

This pdf is fantastic. Sure, it can be engage in, nevertheless an interesting and amazing literature. Its been developed in an remarkably straightforward way and is particularly merely after i finished reading through this publication where in fact transformed me, change the way in my opinion.

-- Mr. Lee Simonis PhD