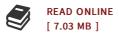


Kinanthropometric characteristics and fitness of softball players

By Sukhdev Singh

LAP Lambert Academic Publishing Nov 2013, 2013. Taschenbuch. Book Condition: Neu. 220x150x6 mm. This item is printed on demand - Print on Demand Neuware - Kinanthropometry is the quantitative interface between human structure and function. This interface is examined through the measurement and analysis of age, body size, shape, proportion, composition and maturation as they relate to gross body function. Body structure and body composition play an important role in determining the success of the players. The physique of athletes is suggested to contribute to their performance. The physical fitness of a player is also a decisive determinant of success during competition. This book, therefore, provides information on body structure, body composition and fitness of the female softball players. The softball players are analyzed and compared between elite and non-elite levels. The analysis should help to understand the kinanthropometric characteristics, body structure, body composition and fitness required to female softball players and should be especially useful to coaches, trainers and sport scientists to select young players and also to design training programs. 96 pp. Englisch.



Reviews

It is simple in read through safer to comprehend. This is for anyone who statte that there was not a really worth reading through. It is extremely difficult to leave it before concluding, once you begin to read the book. -- Samanta Klein

Unquestionably, this is the greatest job by any author. It really is simplistic but shocks inside the fifty percent in the book. I am just pleased to inform you that here is the greatest book i actually have go through within my own existence and could be he greatest ebook for at any time. -- Elva Kemmer