

Instant Notes in Sport and Exercise Biomechanics



Instant Notes in Sport and Exercise Biomechanics is the clearest and most straightforward biomechanics textbook currently available. It breaks down this challenging subject into short thematic chapters, enabling students to grasp each topic quickly and easily, and providing a flexible resource that can support any introductory course on biomechanics. Now in a fully revised and updated new edition, the book contains a wealth of useful features for teaching and learning, including clear definitions of key terms, lots of applied examples, guides to further reading, and revision questions with worked solutions, and adopts a problem-based approach to encourage a more rounded understanding of each topic. The book has been significantly expanded, with 15 completely new sections covering topics such as new measurement techniques and technologies, modelling and simulation, the use of Matlab and Excel in biomechanics, and the best biomechanics apps. A new companion website includes revision aids for students, as well as a test bank, downloadable illustrations and suggestions for lab-based sessions for lecturers. Instant Notes in Sport and Exercise Biomechanics has been an invaluable course companion for thousands of students and lecturers over the last decade. Engaging and direct, and now fully refreshed, it is the only biomechanics textbook you'll ever need.

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