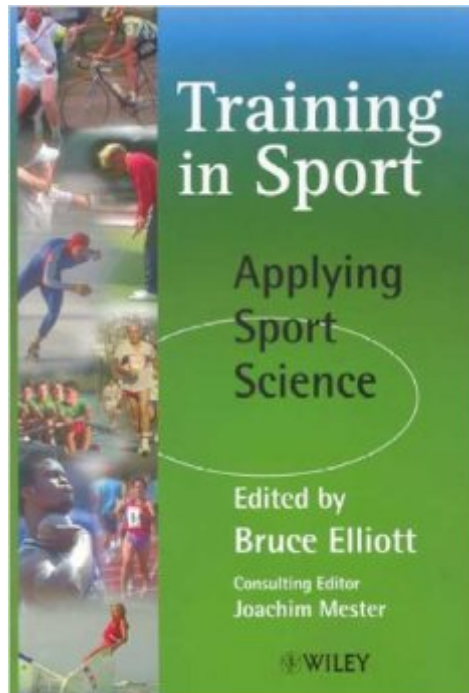


The book was found

Training In Sport: Applying Sports Science



Synopsis

This book reviews and discusses in detail the essential factors that collectively determine the level of sports performance achieved. It covers the training of perceptual-motor skills; the psychological factors that enable an athlete to compete successfully; the use of appropriate techniques for the relevant sport; physical characteristics of the athlete; and attaining and maintaining levels of fitness. It also presents a broader review of training for sport encompassing physical, biological and medical aspects, as well as the psychological.

Book Information

Paperback: 448 pages

Publisher: Wiley; 1 edition (January 17, 2000)

Language: English

ISBN-10: 0471983144

ISBN-13: 978-0471983149

Product Dimensions: 2.6 x 0.4 x 3.8 inches

Shipping Weight: 1.7 pounds

Average Customer Review: Be the first to review this item

Best Sellers Rank: #4,645,417 in Books (See Top 100 in Books) #26 in Books > Sports & Outdoors > Miscellaneous > Sports Science #3237 in Books > Sports & Outdoors > Coaching > Training & Conditioning

[Download to continue reading...](#)

Puppy Training: How To Train a Puppy: A Step-by-Step Guide to Positive Puppy Training (Dog training, Puppy training, Puppy house training, Puppy training ... your dog, Puppy training books Book 3) Training in Sport: Applying Sports Science Puppy Training: Step By Step Puppy Training Guide- Unique Tricks Included (puppy training for kids, puppy tricks, puppy potty training, housebreak your dog, obedience training, puppy training books) Puppy Training: Puppy Training for Beginners: The Complete Puppy Training Guide to Crate Training, Clicker Training, Leash Training, Housebreaking, Nutrition, and More Sports Betting: Tools, Strategies, and Principles Behind Winning Sport Predictions: Sports Investing and Making Money in NBA, NFL, NCAA, Football and Basketball ... Sports Wagering, NFL Betting, NBA Betting) The Ultimate Guide to Weight Training for Racquetball and Squash (The Ultimate Guide to Weight Training for Sports, 18) (The Ultimate Guide to Weight Guide to Weight Training for Sports, 18) Puppy Training: The Complete Guide To Housebreak Your Puppy in Just 7 Days: puppy training, dog training, puppy house breaking, puppy

housetraining, house ... training, puppy training guide, dog tricks) Puppy Training Guide 4th Edition: The Ultimate handbook to train your puppy in obedience, crate training and potty training (Training manual, Puppy Development, ... Training, Tracking, Retrieving, Biting) Puppy Training: 10 Worst Puppy Training Mistakes That Can Ruin Your Dog (And How To Train Them Right) (puppy training, dog training, puppy house breaking, ... training a puppy, how to train your puppy) Puppy Training: The Ultimate Guide to Housebreak Your Puppy in Just 7 Days: puppy training, dog training, puppy house breaking, puppy housetraining, house ... training, puppy training guide, dog tricks) Science of Sport: Squash (The Science of Sport) 42 Rules for Applying Google Analytics: 42 Rules for Applying Google Analytics PUPPY TRAINING: DOG TRAINING: Crash Course in Training Your Dog in Days, Housebreak and Obedience Puppy Training Guide Book Puppy Training: How to Housebreak Your Puppy In Just 7 Days (puppy training, dog training, puppy house breaking, puppy housetraining, house training a puppy,) Brain Games for Dogs: Training, Tricks and Activities for your Dog's Physical and Mental wellness(Dog training, Puppy training, Pet training books, Puppy ... games for dogs, How to train a dog Book 1) Potty Training In 3 Days: Quick And Easy Guide To Potty Training Your Toddler In As Short As 3 Days (potty training, toddlers, toddler, toilet training) Puppy Training : How to Housebreak Your Puppy in Just 7 Days: (Puppy Training, Dog Training, How to Train A Puppy, How To Potty Train A Puppy, How To Train A Dog, Crate Training) 52-Week Hockey Training (52-Week Sport Training Series) El Super Deportista Científico / Sports Science: Anota, gana y rompe un record en tu deporte favorito/ Note, gain and break the record of your favorite sport (Spanish Edition) Sports Betting for Beginners: How To Read The Sports Odds So You Can Turn A Few Dollars Into Big Winnings With Sports Betting!

[Dmca](#)