

Swimming Anatomy

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pdf chapter 3 includes facts about axolotl goliath frog poison dart frogs and hellbender enjoy quick learning with amazing facts contains in depth descriptions of 119 sports injuries each with illustrations that show the anatomy of the injury and includes line drawings of simple stretching strengthening and rehabilitation exercises as well as advice on injury prevention

the long awaited new edition of swimming updates the highly successful first edition edited by costill maglishco and richardson which was published in the early 1990s the second edition contains less material on how to swim and more on the physics of swimming it contains information on the latest methods of analyzing swim performances it presents current sports science knowledge specifically relevant to coaching swimmers at club county or national level covering characteristics of swimming including important concepts in propulsion functional anatomy physiology biochemistry biomechanics and psychology the handbooks of sports medicine and science present basic clinical and scientific information in a clear style and format as related to specific sports events drawn from the olympic summer and winter games each handbook is written by a small team of authorities co ordinated by an editor who has international respect and visibility in the particular sport activity their charge is to present material for medical doctors who work with athletes team coaches who have academic preparation in basic science physical therapists and other allied health personnel and knowledgeable athletes each volume represents up to date information on the basic biology of the sport conditioning techniques nutrition and the medical aspects of injury prevention treatment and rehabilitation

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