



Wrestling (Science Behind Sports)

Richard Brownell

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Wrestling (Science Behind Sports) Richard Brownell

Books in this series explore the scientific principles behind some of the most popular team and individual sports; basic physical science concepts are explained in an engaging and accessible manner.; This new title in the Science behind Sports series provides an in-depth look at the scientific principles behind collegiate and scholastic wrestling (not "professional wrestling"). A brief history of the sport is offered followed by chapters that cover the scientific concepts behind training and conditioning, the application of force and leverage in various wrestling moves, how stability and balance factor into moves, and the psychological aspects of the game. Includes graphics to help explain the scientific principles being discussed and a list of sources for further research.; Each volume in the series focuses on one sport and opens with a brief look at the featured sport's origins, history and changes to rules, equipment, or techniques. Subsequent chapters cover the biomechanics and physiology of playing, related health and medical concerns, and the causes and treatment of sports-related injuries. The full-color text is augmented by fact boxes, sidebars, photos, and detailed diagrams, charts and graphs. In addition, a subject-specific glossary, bibliography and index provide further tools for researching the sports and concepts discussed throughout the volume.

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