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# Sports Science (Why Science Matters)



## Synopsis

In Sports Science, we learn how sports and exercise science can benefit everyone, not just athletes. We find out about how the body responds to exercise, the role of nutrition and sports psychology in improving performance, how biomechanics can improve efficiency and reduce injuries, and see examples of training regimes. Learn about how the body obtains and uses energy during exercise, the ways in which fitness is measured, and the effects of stress, dehydration, and overtraining.

## Book Information

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## Customer Reviews

Appealing cover illustrations and formats encourage students to learn more about these new science fields. Relevant education is furthered by this series goal to illustrate science educations use in everyday life. Useful for assigned nonfiction reading, --Library Media Connection --This text refers to an out of print or unavailable edition of this title.

Andrew Solway is a Heinemann-Raintree author. --This text refers to an out of print or unavailable edition of this title.

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