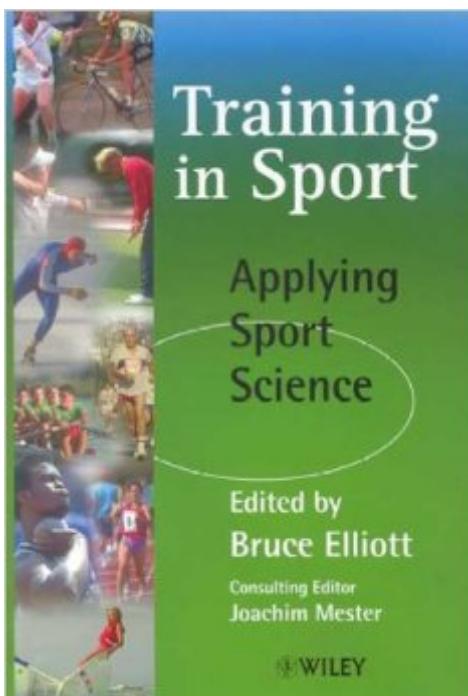


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# Training In Sport: Applying Sports Science



## 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

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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

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