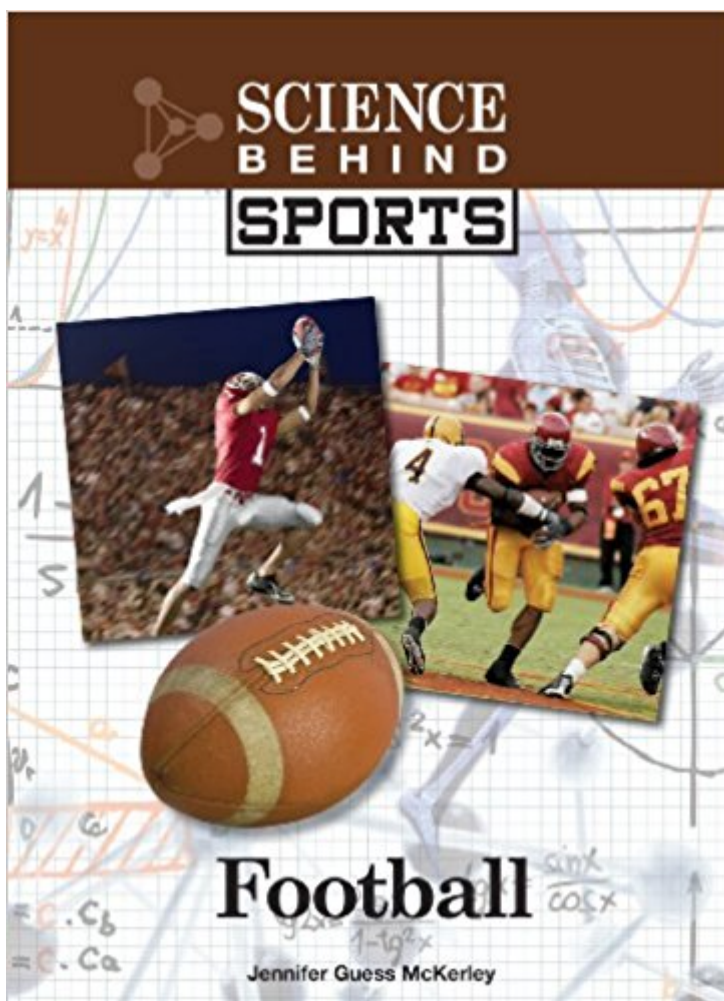


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# Football (Science Behind Sports)



## Synopsis

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 involved in the game of football. The text includes a discussion of the types of exercises trainers use to build overall strength and to build the st; 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 m

## Book Information

Series: Science Behind Sports

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