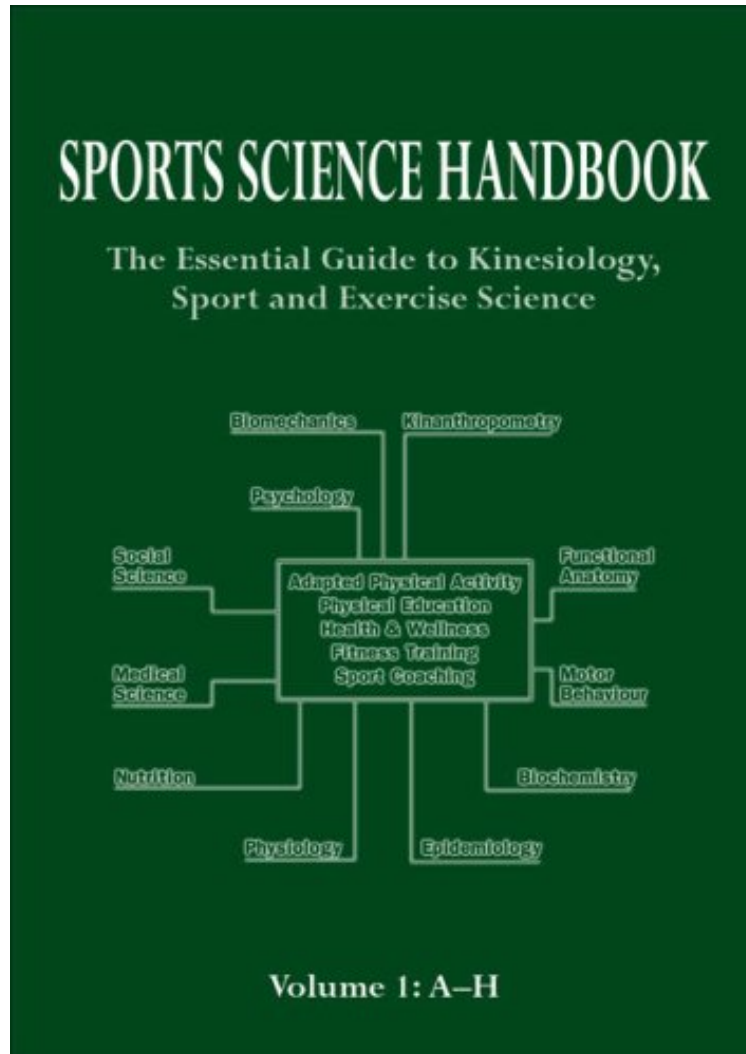


Sports Science Handbook: Volume 1: The Essential Guide to Kinesiology, Sport Exercise Science

Simon Jenkins

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be well-known to reference librarians so that neophyte students and the public can be steered to reference and understand all the things they have (at least) heard coaches mention or to have questions answered to indulge their own curiosities. Any persons serious about sport, coaches and athletes in particular, could use copies of this work to advantage. This work is an excellent contribution to sport and coaching. 0 of 0 people found the following review helpful. W.D. Gilbert
By Wade Gilbert
This text is an excellent resource for anyone studying or working in sport or exercise science. It provides a good starting point for learning about the key concepts in these fields. A nice feature of the book is the inclusion of key references at the end of each major concept. This directs the reader to essential readings for more in-depth consideration of the concept. I think this text would be particularly helpful as a reference guide for college students studying exercise science. This text would be a great addition for any college or sport science department library.

Exceptionally clear definitions of the many scientific and technical terms used in kinesiology and sports science are provided in this sports reference. Covering many subdisciplines that include biochemistry, biomechanics, functional anatomy, epidemiology, kinanthropometry, motor behavior, nutrition, psychology, physiology, and sociology, and with references to key books and journal articles, these volumes help to gain a clear overview of sports science.

About the Author
Simon Jenkins coordinates the physical education and coaching major at Pepperdine University.