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Biomechanics in sport incorporates a detailed analysis of sport movements in order to minimise the risk of injury and improve sports performance. Sport and exercise biomechanics encompasses the area of science concerned with the analysis of the mechanics of human movement[1].

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Biomechanics of Sport and Exercise, Second Edition, introduces exercise and sport biomechanics in concise terms rather than focusing on complex math and physics. This book helps students learn to appreciate external forces and their effects, how the body generates forces to maintain position, and how forces create movement in physical activities.

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