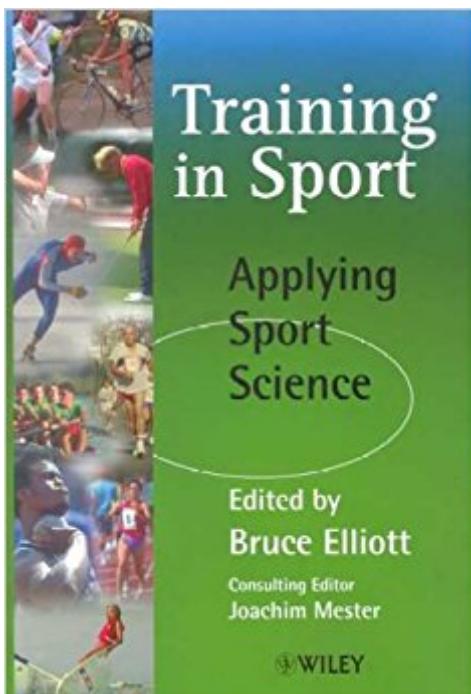


The book was found

# 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

Average Customer Review: Be the first to review this item

Best Sellers Rank: #6,122,370 in Books (See Top 100 in Books) #28 in Books > Sports & Outdoors > Miscellaneous > Sports Science #3810 in Books > Sports & Outdoors > Coaching > Training & Conditioning

## Customer Reviews

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. --This text refers to an out of print or unavailable edition of this title.

[Download to continue reading...](#)

Puppy Training: How To Train a Puppy: A Step-by-Step Guide to Positive Puppy Training (Dog training,Puppy training, Puppy house training, Puppy training ... your dog,Puppy training books Book 3) The Ultimate Guide to Weight Training for Swimming (The Ultimate Guide to Weight Training for

Sports, 25) (The Ultimate Guide to Weight Training for Sports, ... ... Guide to Weight Training for Sports, 25) Training in Sport: Applying Sports Science Crate Training: Crate Training Puppies - Learn How to Crate Train Your Puppy Fast and Simple Way (Crate Training for Your Puppy): Crate Training (Dog Training, ... Training, Dog Care and Health, Dog Breeds,) Cat Training: The Definitive Step By Step Guide to Training Your Cat Positively, With Minimal Effort (Cat training, Potty training, Kitten training, Toilet ... Scratching, Care, Litter Box, Aggression) Puppy Training: The Ultimate Guide to Housebreak Your Puppy in Just 7 Days: puppy training, dog training, puppy house breaking, puppy housetraining, house ... training, puppy training guide, dog tricks) Puppy Training: The Complete Guide To Housebreak Your Puppy in Just 7 Days: puppy training, dog training, puppy house breaking, puppy housetraining, house ... training, puppy training guide, dog tricks) Puppy Training: A Step-by-Step Guide to Crate Training, Potty Training, Obedience Training, and Behavior Training Skateboarding: How It Works (Sports Illustrated Kids: the Science of Sports) (The Science of Sports (Sports Illustrated for Kids)) Football: How It Works (Sports Illustrated Kids: the Science of Sports) (The Science of Sports (Sports Illustrated for Kids)) Hockey: How It Works (Sports Illustrated Kids: the Science of Sports) (The Science of Sports (Sports Illustrated for Kids)) Bodyweight Training: Bodyweight Cross Training WOD Bible: 220 Travel Friendly Home Workouts (Bodyweight Training, Bodyweight Exercises, Strength Training, ... Bodybuilding, Home Workout, Gymnastics) Rowing WOD Bible: 80+ Cross Training C2 Rower Workouts for Weight Loss, Agility & Fitness (Rowing Training, Bodyweight Exercises, Strength Training, Kettlebell, ... Training, Wods, HIIT, Cardio, Cycling) Dog + Puppy Training Box Set: Dog Training: The Complete Dog Training Guide For A Happy, Obedient, Well Trained Dog & Puppy Training: The Complete Guide To Housebreak Your Puppy in Just 7 Days Puppy Training: How to Housebreak Your Puppy In Just 7 Days (puppy training, dog training, puppy house breaking, puppy housetraining, house training a puppy,) Brain Games for Dogs: Training, Tricks and Activities for your Dogâ€¢s Physical and Mental wellness( Dog training, Puppy training,Pet training books, Puppy ... games for dogs, How to train a dog Book 1) Dog Crate Training: 8 Tips to Help Your Best Friend Adjust (Dog Training, dog crate training problems, dog separation anxiety, dog potty training Book 1) Puppy Training : How to Housebreak Your Puppy in Just 7 Days: (Puppy Training, Dog Training, How to Train A Puppy, How To Potty Train A Puppy, How To Train A Dog, Crate Training) Dog Training -Train Your Dog like a Pro:The Ultimate Step by Step Guide on How to Train a Dog in obedience( Puppy Training, Pet training book) (Dog Taining, ... training books,How to train a dog, Book 2) Puppy Training: The full guide to house breaking your puppy with crate training, potty training, puppy games & beyond (puppy house breaking, puppy housetraining, ... dog tricks, obedience training, puppy)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)