

Book review

Sport and Exercise Biomechanics (Bios Instant Notes)

Editors: Paul Grimshaw, Adrian Lees, Neil Fowler and Adrian Burden.

Bibliographic Data ISBN: 185996-284-X, 978-185996-2848, 2006, 392 pages, Taylor & Francis Group, \$35.95 (paperback)

Subjects: Motion kinematics, applications and measurement techniques.

DESCRIPTION: Instant Notes on Sport and Exercise Biomechanics provides a broad overview of the fundamental concepts in exercise and sport biomechanics.

PURPOSE: The book aims to provide instant notes on essential information about biomechanics, and is designed to help undergraduate students to grasp the corresponding subjects in physical effort rapidly and easily.

AUDIENCE: The book provides a useful resource for undergraduate and graduate students as a fundamental reference book. For the researcher and lecturer it would be a starting point to plan and prepare more detailed experimental designs or lecture and/or laboratory classes in

the field of exercise and sport biomechanics. It would also be interest to anyone who wonders the concepts like momentum possessed, whole body angular momentum, opposite parallel forces, superman position, parabolic flight path, joint/normal reaction force, etc.

FEATURES: This textbook is divided into following sections from A to F: kinematics of motion, kinetics of linear motion, kinetics of angular motion, special topics, applications and measurement techniques, respectively. In sub-sections the kinematics of motion are reviewed in detail, outlining the physics of motion. Furthermore, the discussions of mechanical characteristics of motion, the mechanisms of injury, and the analysis of the sport technique provide a source of valuable information for both students and lecturers in appropriate fields.

ASSESSMENT: This book is an important reading for biomechanics students, teachers and even researchers as well as anyone interested in understanding motion.

Reviewed by: *Fadil Ozyener MD, PhD, Uludag University Medical School, Bursa, Turkey.*