



Sport and Exercise Science

By Joanne Thatcher, Rhys Thatcher, Mel Day, Matthew Portas, Simon Hood

SAGE Publications Ltd. Paperback. Condition: new. BRAND NEW, Sport and Exercise Science, Joanne Thatcher, Rhys Thatcher, Mel Day, Matthew Portas, Simon Hood, This text introduces students to the essentials of the major contributing disciplines -- biomechanics, physiology and psychology. It provides detailed knowledge and understanding of each subject area combined with explicit advice on how to study effectively, research further and think critically. Case studies clearly relate theory to practice and learning exercises support readers throughout the text.



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