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Car Racing (Science Behind Sports)



Synopsis

Books in this series explore the scientific principles behind some of the most popular team and individual sports; basic physical science concepts are explained in an engaging and accessible manner.; This new addition to the Science behind Sports series examines not only the physical aspects needed to be a race car driver, but also how the driver and the car work together. The title talks about not only the physical and mental demands a driver endures; Each volume in the series focuses on one sport and opens with a brief look at the featured sport's origins, history and changes to rules, equipment, or techniques. Subsequent chapters cover the biomechanics and physiology of playing, related health and m

Book Information

Series: Science Behind Sports

Library Binding: 128 pages

Publisher: Lucent Books (April 4, 2014)

Language: English

ISBN-10: 1420511521

ISBN-13: 978-1420511529

Product Dimensions: 7 x 1 x 9 inches

Shipping Weight: 15.2 ounces

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