



Skateboarding (Science Behind Sports)

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This new addition to the Science behind Sports series examines the history of skateboarding as well as the physics used during the sport. The title also examines the equipment used, how the athletes should train, and other aspects of the sport.; 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.; 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

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