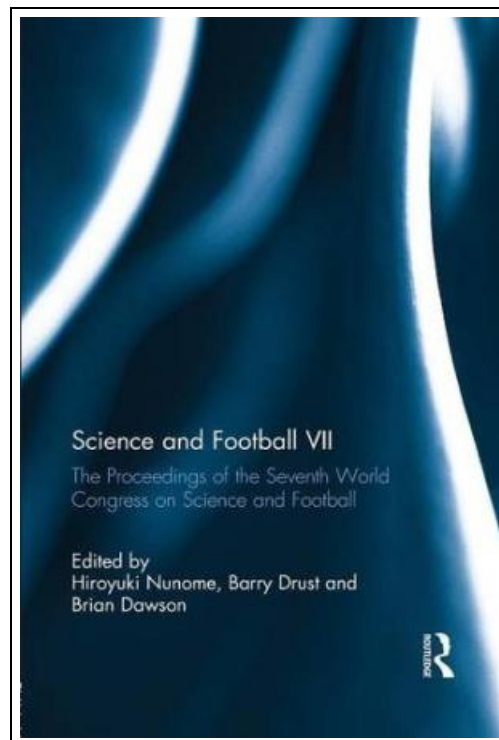


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Absolutely essential go through publication. It is filled with knowledge and wisdom Once you begin to read the book, it is extremely difficult to leave it before concluding.
(Dr. Sierra Lowe Sr.)

SCIENCE AND FOOTBALL VII: THE PROCEEDINGS OF THE SEVENTH WORLD CONGRESS ON SCIENCE AND FOOTBALL



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Taylor Francis Ltd, United Kingdom, 2014. Paperback. Book Condition: New. Reprint. 233 x 158 mm. Language: English . Brand New Book. Science and Football VII showcases the very latest scientific research into the variety of sports known as football . These include soccer, the national codes (American football, Australian rules football and Gaelic football), and the rugby codes (union and league). Bridging the gap between theory and practice, this book is by far the most comprehensive collection of current research into football, presenting important new work in key areas such as: * physiology of training * performance analysis * fitness assessment * nutrition * biomechanics * injury and rehabilitation * youth football * environmental physiology * psychology in football. Science and Football VII is an essential resource for all sport scientists, trainers, coaches, physical therapists, physicians, psychologists, educational officers and professionals working across the football codes. The papers contained within this volume were first presented at the Seventh World Congress on Science and Football, held in May 2011 in Nagoya, Japan. The meeting was held under the auspices of the International Steering Group on Science and Football, a representative member of the World Commission of Science and Sports.



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