

Science Behind Sports

Explore the scientific principles behind the sport

Engaging information for students from Lucent Books®

FULL COLOR

Sports play an important formative role in the lives of many middle and high school students. *Science Behind Sports* from Lucent Books explores the science behind key contemporary sports. Volumes present in a clear and engaging manner the scientific principles and concepts involved, the biomechanics and physiology of playing, and related health issues and medical concerns related to the sport.

Each title in the series focuses on a popular sport or group of related sports. The first chapter of each volume provides an overview of the sport, including its origins, history, popularity, changes to the game, business aspects of the sport and recent controversies. Subsequent chapters explore the scientific principles involved for each sport, such as momentum, gravity, friction and centripetal force relating to ice skating; or buoyancy and resistance relating to swimming. Volumes also explore related health issues, from exercise and training, to the causes and treatments of injuries specific to the sport.

Features of each volume

- Overview of the sport
- 5-7 chapters addressing related scientific concepts
- Fact boxes providing at-a-glance factual and statistical information
- Sidebars highlighting related content, including brief biographical profiles, career information and primary source materials
- Full-color photographs, diagrams, lists and charts
- Glossary of key terms
- An annotated bibliography of age-appropriate books, periodicals and Web sites
- A comprehensive index



Grades: 7-10+
Book Size: 7" x 9"
Page Count: 96-128
List Price: \$34.10
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