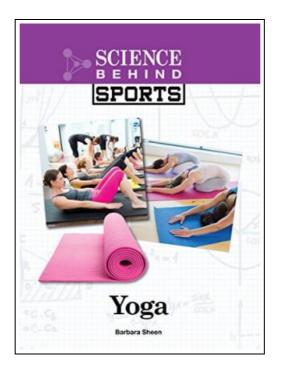
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## Reviews

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Cengage Learning, Inc, United States, 2014. Hardback. Book Condition: New. 231 x 183 mm. Language: English . Brand New Book. This book in Lucent s Science Behind Sports Series will discuss the scientific principals behind the sport of yoga. The book describes the physics used and how to avoid injuries. It also details the benefits that doing yoga has on the body and the mind. Science Behind Sports 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 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 medical concerns, and the causes and treatment of sports-related injuries. The full-color text is augmented by fact boxes, sidebars, photos, and detailed diagrams, charts and graphs. In addition, a subject-specific glossary, bibliography and index provide further tools for researching the sports and concepts discussed throughout the volume. In addition, a subject-specific glossary, bibliography and index provide further tools for researching the sports and concepts discussed throughout the volume.

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