



Surfing (Science Behind Sports)

Don Nardo

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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.; In this new addition to the Science behind Sports series, author Don Nardo examines the many aspects of science underlying the popular sport of surfing. It discusses the physics of waves, the science behind board shape and how riders stay on the board, co; 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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