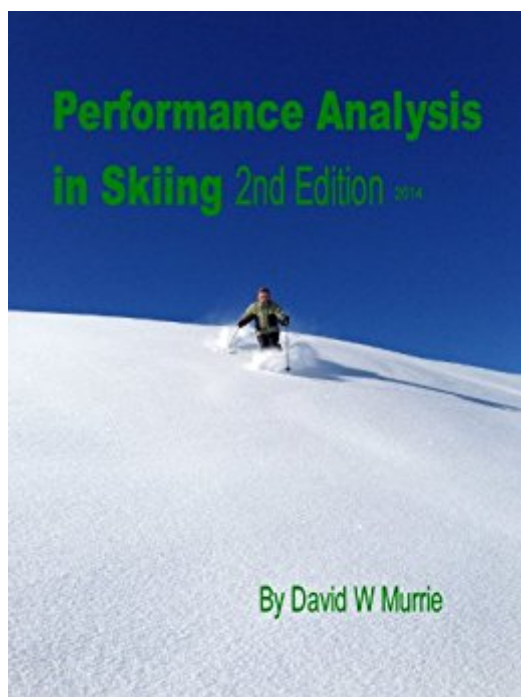# Performance Analysis In Skiing (Applied Sports Science Series)

Synopsis

14 video links, 19 additional internet links, 32 illustrations and 30 top tips.Distilling a study of the technical works by Joubert, Sheddon, Witherall, Elling, Le Master and Harb with the latest science from biomechanics.Practical, sports science guidelines for observing and analysing performers in motion. This e-book is about observing and analysing skiers and skiing videos; for those who are interested in either improving performance or in the technical aspect of skiing. It is for ski instructors, aspirant coaches, advanced skiers, or students of sports science that want to appreciate and analyse skiing performance based on good evidence, sound reasoning and the fundamental movement actions. This book will compliment and augment your existing sports-specific knowledge to take an objective look at skiing technique. Encouraging advanced skiers to continue to improve and think deeper than `copy` this; the content highlights `key points` for appreciating, observing, analysing and improving technical competency. Providing insight into problem solving, sports technical discussions, appreciating why different technical models exist and supporting developing skiing performance effectively; the book is designed to provoke thoughtful technical reflection.Optimised for Kindle Fire this e-book includes many additional Internet links for extension material, but the text is designed to be read without them e.g. on a basic reader (even if no links are ever viewed). Depending on your platform, suggested video links may need to be viewed separately on the internet (please try the sample, or read via downloading the free Kindle App to your computer).David has coached in many countries and worked in performance analysis across a wide range of sports; from the fledgling British Snowboard Association through Track & Field athletics, Premiership football, Indian Premier League cricketers and Olympic Swimmers as well as skiers and Ski Associations. David is currently a visiting lecturer in sports science and coaching at the University of Bangor.

Book Information

File Size: 3638 KB

Print Length: 76 pages

Publication Date: January 15, 2014

Sold by: Â Digital Services LLC

Language: English

ASIN: B00CP3GYQE

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #1,618,644 Paid in Kindle Store (See Top 100 Paid in Kindle Store)   #19 inÂ Books > Sports & Outdoors > Miscellaneous > Sports Science   #144 inÂ Kindle Store > Kindle eBooks > Nonfiction > Sports > Winter Sports > Skiing   #672 inÂ Books > Sports & Outdoors > Outdoor Recreation > Skiing

Customer Reviews

Performance Analysis in Skiing (Applied Sports Science) [Kindle Edition] is a publication that will prompt healthy discussion. Ski Teachers, Coaches at whatever level will be challenged to really sharpen up their understanding of the fundamentals of movement and observation. The perennial Art vs Technique viewpoints are covered, but the pressure is on to "Really try to understand how the body works and how the boots and skis work before offering advice". (Gulp! Must do my homework)./* Most Important to enjoying this Kindle Edition */Download and install the Free Kindle Reader App to your computer.Why do we need the Reader App?As we know, the traditional Kindle can't reproduce video. But there are video links in the text that you need to view.I bought this Kindle edition and immediately spotted the issue of the links to Youtube clips not being able to play on the traditional paper-white Kindle.So the good news is: With a basic Kindle device you can read the book text. (But don't try to click on the youtube links).To view the video reference material, you need a faster device.For perfect results - Download the free App From this website to your PC/Mac/phone or other device so you can then also access the additional links - and also view the photos in colour.

Download to continue reading...

Performance Analysis in Skiing (Applied Sports Science Series) Elementary Stochastic Calculus With Finance in View (Advanced Series on Statistical Science & Applied Probability, Vol 6) (Advanced Series on Statistical Science and Applied Probability) Backcountry Skiing Utah, 2nd (Backcountry Skiing Series) For the Love of Skiing: A Visual History of Skiing The Physics of Skiing: Skiing at the Triple Point Sports Betting for Beginners: How To Read The Sports Odds So You Can Turn A Few Dollars Into Big Winnings With Sports Betting! Sports Betting: Tools, Strategies, and Principles Behind Winning Sport Predictions: Sports Investing and Making Money in NBA, NFL, NCAA, Football and Basketball ... Sports Wagering, NFL Betting, NBA Betting) Sports Illustrated Almanac 2015 (Sports Illustrated Sports Almanac) Olympic Sports - When and How? : History of

Olympic Sports Then, Now And Beyond: Olympic Books for Kids (Children's Olympic Sports Books) Ski Flex: Flexibility, Fitness, and Conditioning for Better Skiing (Sports Flex Series) Ski Faster: Lisa Feinberg Densmore's Guide to High Performance Skiing and Racing Downhill Skiing (Nonfiction Readers: Level 2: Sports) Alpine and Freestyle Skiing (Winter Olympic Sports) Utah: The Complete Ski and Snowboard Guide: Includes Alpine, Nordic, and Telemark Skiing & Other Winter Sports Skiing in the Mad River Valley (Images of Sports) Skiing and Snowboarding (Adventure Sports) Peak Performance: Sports, Science, and the Body in Action St Mary's BSc Sports Science Bundle: Physiology and Biomechanics: Introduction to Sports Biomechanics: Analysing Human Movement Patterns [Paperback] [2007] (Author) Roger Bartlett Applied Cryptography: Protocols, Algorithms, and Source Code in C [APPLIED CRYPTOGRAPHY: PROTOCOLS, ALGORITHMS, AND SOURCE CODE IN C BY Schneier, Bruce (Author) Nov-01-1995 Elena Bablenis Haveles BS Pharm Pharm D's Applied Pharmacology 6th (Sixth) edition(Applied Pharmacology for the Dental Hygienist [Paperback])(2010)

Dmca