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# Parkour/Free Running (Science Behind Sports)

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## Synopsis

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.

## Book Information

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