

The Biomechanics Of Sports Techniques

Biomechanics is the scientific study that investigates the forces acting on living systems and the resultant effects on their movement and biological functions. Biomechanics, in science, the study of biological systems, particularly their structure and function, using methods derived from mechanics, which is concerned with the effects that forces have on the motion ... Biomechanics is an interdisciplinary field that uses the principles of mechanics to improve the human body through design, development, and analysis of equipment, systems, and therapies.

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