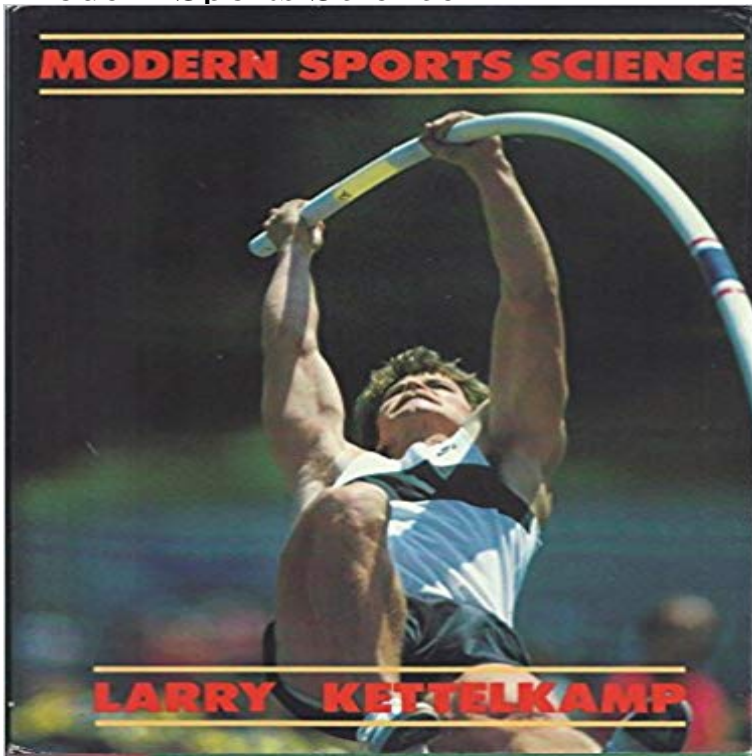


Modern Sports Science



Computerized technology is revolutionizing sports training. The 1984 Olympics offered tantalizing glimpses of its potential, and since then technology and techniques have changed and improved dramatically. This book is the essential guide to the newest trends and innovations in the field of sports training.

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