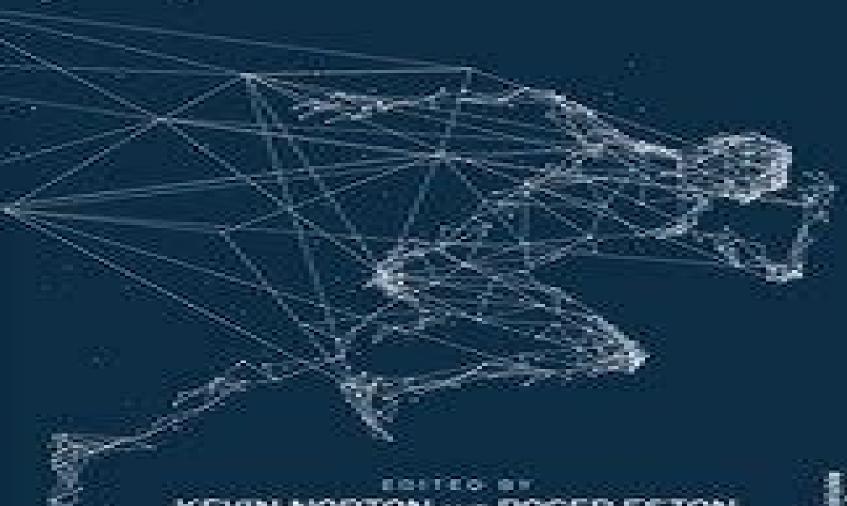
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and graphs to bring the material to life In addition descriptions of technological advances show where we have been and how technology has advanced the field Through the book s discussion of the various stressors and adaptive mechanisms readers will learn how to cope with various environmental conditions They will also learn how various training modes can be used to alter sport specific capabilities and enhance performance Presenting a wide range of approaches theoretical models and analytical techniques Ergonomics in Sport and Physical Activity Enhancing Performance and Improving Safety illustrates the potential for ergonomics to be extended across recreation competitive sport and physically active work environments Bridging the gap between ergonomics and exercise science this unique text will assist both health care and exercise professionals in developing an improved awareness of how human capabilities are best matched to physical activities

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