

World Book of Swimming: From Science to Performance (Sports and Athletics Preparation, Performance and Psychology)

From Nova Science Publishers



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This text reviews research on the body of knowledge available for the improvement of sports coaching and training practice in swimming, which seems to be relevant, numerous, and diversified enough to help swimming coaches bridge the gap between theory and practice.

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World Book of Swimming: From Science to Performance (Sports and Athletics Preparation, Performance and Psychology) From Nova Science Publishers Bibliography

• Sales Rank: #3021235 in Books

• Published on: 2011-10

• Ingredients: Example Ingredients

• Original language: English

• Number of items: 1

• Dimensions: 10.25" h x 7.25" w x 1.25" l, 2.70 pounds

• Binding: Paperback

• 550 pages

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