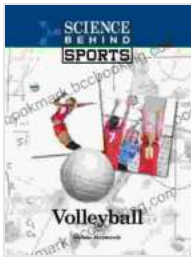


Volleyball Science Behind Sports by Melissa Abramovitz: A Comprehensive Review

Volleyball Science Behind Sports by Melissa Abramovitz is a must-have resource for any volleyball coach, player, or parent. This book provides a comprehensive overview of the science behind volleyball, including topics such as biomechanics, physiology, nutrition, and psychology. Abramovitz has done an excellent job of making complex scientific concepts easy to understand and apply to the sport of volleyball.



Volleyball (Science Behind Sports) by Melissa Abramovitz

★★★★★ 5 out of 5

Language : English
File size : 8368 KB
X-Ray for textbooks : Enabled
Print length : 128 pages
Screen Reader : Supported



Biomechanics

The first section of the book covers biomechanics, which is the study of the human body in motion. Abramovitz discusses the basic principles of biomechanics, such as force, motion, and energy. She then applies these principles to the sport of volleyball, explaining how they can be used to improve performance.

For example, Abramovitz explains how the principles of biomechanics can be used to generate more power when hitting the ball. She also discusses

how to improve jumping and blocking technique. This information is essential for any volleyball player who wants to improve their performance.

Physiology

The second section of the book covers physiology, which is the study of the human body's functions. Abramovitz discusses the basic principles of physiology, such as the cardiovascular system, the respiratory system, and the muscular system. She then applies these principles to the sport of volleyball, explaining how they can be used to improve performance.

For example, Abramovitz explains how the cardiovascular system can be trained to improve endurance. She also discusses how to improve the respiratory system to increase lung capacity. This information is essential for any volleyball player who wants to improve their fitness.

Nutrition

The third section of the book covers nutrition, which is the study of food and its effects on the human body. Abramovitz discusses the basic principles of nutrition, such as the different types of nutrients and how they are used by the body. She then applies these principles to the sport of volleyball, explaining how they can be used to improve performance.

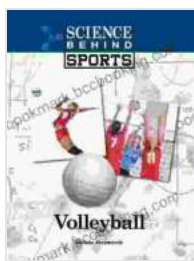
For example, Abramovitz explains how to eat a healthy diet that will provide the nutrients needed for volleyball. She also discusses how to hydrate properly before, during, and after practice and competition. This information is essential for any volleyball player who wants to improve their health and performance.

Psychology

The fourth section of the book covers psychology, which is the study of the mind and its effects on behavior. Abramovitz discusses the basic principles of psychology, such as motivation, emotion, and learning. She then applies these principles to the sport of volleyball, explaining how they can be used to improve performance.

For example, Abramovitz explains how to motivate yourself to practice and compete at your best. She also discusses how to deal with stress and anxiety. This information is essential for any volleyball player who wants to improve their mental game.

Volleyball Science Behind Sports by Melissa Abramovitz is a comprehensive and well-written book that provides a wealth of information on the science behind volleyball. This book is a valuable resource for any volleyball coach, player, or parent who wants to improve their understanding of the game and improve their performance.

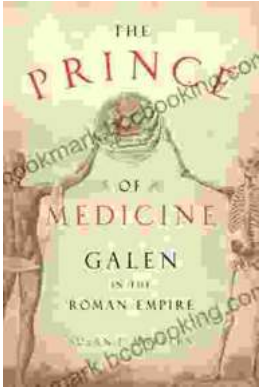


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