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Tennis Science For Tennis Players

A physics professor explains how the laws of physics work in the game of tennis. Included are studies of string tension, the size, shape, and weight of a racket, ball trajectories, court surfaces, and reflex time. Numerous tables, graphs, and formulas accompany the text.

Tennis Science for Tennis Players: Brody, Howard ...

The mysteries behind the winning strokes, equipment, and surfaces of the game of tennis are accessibly explained by Howard Brody through the laws of physics. And he gives practical pointers to ways players can use this understanding to advantage in the game.

Tennis Science for Tennis Players by Howard Brody

And he gives practical pointers to ways players can use this

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understanding to advantage in the game. Through extensive laboratory testing and computer modeling, Brody has investigated the physics behind the shape of the tennis racket, the string pattern, the bounce of the tennis ball, the ways a particular court surface can determine the speed ...

Tennis Science for Tennis Players on JSTOR

Written for tennis players, this book is based on work that has been done in the laboratory and on a computer at the University of Pennsylvania over a number of years. Some of the information has been published in four rather technical articles for physicists in the American Journal of Physics (June 1979; September 1981) and The Physics Teacher (November 1984; April 1985).

Tennis Science for Tennis Players by Howard Brody, 1987

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Through extensive laboratory testing and computer modeling,

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Brody has investigated the physics behind the shape of the tennis racket, the string pattern, the bounce of the tennis ball, the ways a particular court surface can determine the speed of the game, and the many other physical factors involved in tennis.

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Free ...

Tennis Teachers/Instructors/Coaches, unless they have a degree in Kinesiology, or are conducting their own research will benefit greatly from the book. Players, of all levels, including Professional Player level will also benefit, although they might find it too risky to implement the suggestions given in the book.

Amazon.com: Customer reviews: Tennis Science for Tennis ...

The mysteries behind the winning strokes, equipment, and surfaces of the game of tennis are accessibly explained by Howard Brody through the laws of physics. And he gives practical pointers to ways players can use this understanding to advantage in the game.

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Nutrition. Optimal nutrition is essential to enhance tennis performance and ensure adequate recovery. Therefore, appropriate selection of foods, fluids, sport foods and supplements may all help in a player's quest to reach peak performance and gain a competitive edge. More about nutrition.

Advice on Tennis Training Injuries and Nutrition | ITF

Researchers say tennis is linked to a 9.7-year increase in life span, compared to 6.2 years for badminton, five years for soccer, 3.7 years for cycling, and 3.2 years for running.

Could Tennis Be One Secret to a Longer, Healthier Life ...

Underpinning many of these developments is science, and this book explains the scientific wonders that take the ball from racket to racket and back again. Each chapter explores a different facet of the game—learning, technique, game analysis, the mental edge, physical development, nutrition for

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performance and recovery, staying healthy, and equipment—and is organized around a series of questions.

Tennis Science: How Player and Racket Work Together ...

Whether you prefer the grass courts of Wimbledon, the clay courts of the French Open, or the hard courts of the US and Australian Opens, Tennis Science is a must-have for anyone interested in the...

Tennis Science: How Player and Racket Work Together by

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The Tennis Science Symposium was co-ordinated by Javier Maquirriain (MD), Argentine Tennis Association Medical Director. Professor Javier Capitaine opened with “Physical conditioning for the elite...

MEDICINE AND SCIENCE IN TENNIS - [researchgate.net](https://www.researchgate.net)

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A tennis racquet, like a baseball or cricket bat, has a sweet spot. If a ball impacts at the sweet spot, the force transmitted to the hand is sufficiently small that the player is almost unaware that the impact has occurred. If the ball impacts at a point well away from the sweet spot, the player will feel some jarring and vibration of the handle.

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