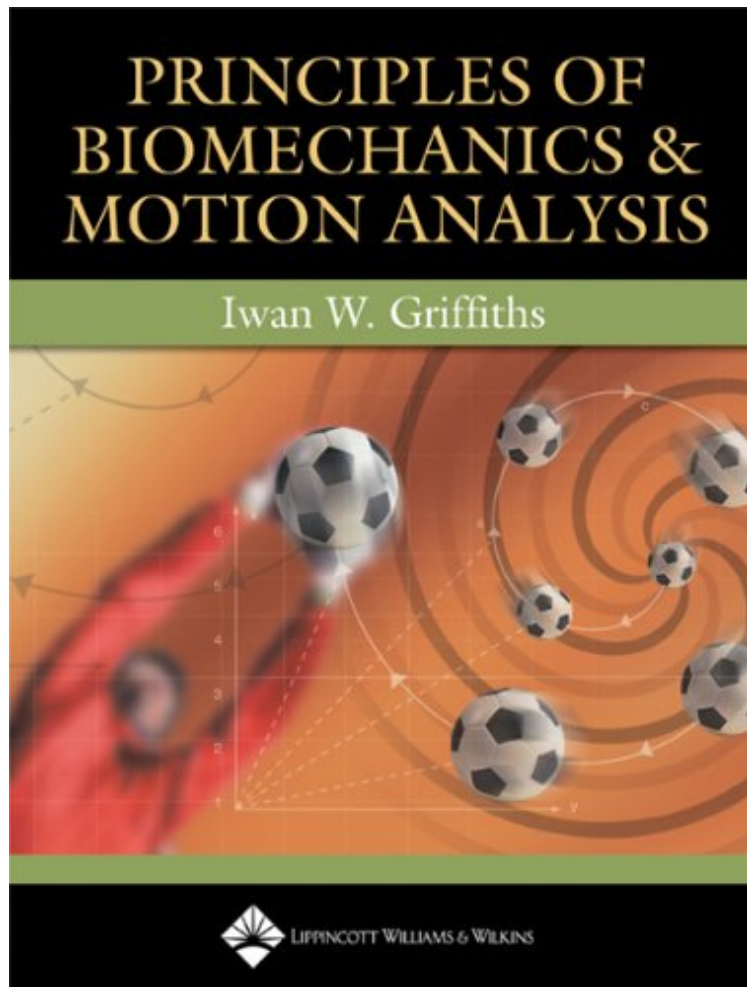


Principles of Biomechanics Motion Analysis

Iwan W. Griffiths

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This text offers a practical approach to biomechanics and motion analysis by illustrating mechanical and mathematical principles with real-world examples. The book explains the principles of mechanics and covers all aspects of kinematics and kinetics.Basic principles are illustrated with actual data obtained in laboratory settings. Case studies in

each chapter present real situations to provide a deeper understanding of the principles. Each chapter ends with study questions. Mathematics is restricted to the essentials and many advanced calculations are performed using spreadsheet calculations. More than 250 illustrations complement the text.

International Journal of Sports Science Coaching, 28-JAN-06, Volume 1, Issue 4 -- "In contrast to textbooks that use hypothetical or idealized data, the author deals with data that might require processing before any conclusions can be drawn from it and, in doing so, uses this to facilitate understanding of principles in motion analysis and biomechanics... This book is a significant addition to the biomechanics textbook market and can be considered as essential reading for every teacher of biomechanics who uses a motion analysis system... Iwan Griffiths has laid the foundation for a more specialized textbook to be produced that focuses on motion analysis of sports techniques and numerous real data sets that can be applied to coaching."