

Book review

Biomechanical Evaluation of Movement in Sport and Exercise: The British Association of Sport and Exercise Sciences Guide

Editor: Carl J. Payton and Roger M. Bartlett

Bibliographic Data: ISBN-10: 0415434696, ISBN-13: 978-0415434690; TJ International Ltd., Padstow, Cornwall, UK 2008, £30.00, 218 pages, paperback

Subjects: Biomechanics, applications and measurement techniques in movement.

DESCRIPTION: The book reports on the latest and practical data about using the range of biomechanics movement analysis machines, equipment and software available today. It is published in association with the British Association of Sport and Exercise Sciences (BASES).

PURPOSE: The book aims to explain clearly the key theory underlying biomechanics testing, along with advice concerning choice of equipment and how to use laboratory equipment most effectively.

FEATURES: The book includes discussion of following topics in nine chapters: measurement in the laboratory and

in the field, motion analysis using video and on-line systems, measurement of force and pressure, measurement of muscle strength using isokinetic dynamometry, electromyography, computer simulation and modelling of human movement, data processing and data smoothing and research methodologies regarding sample size and variability effects on statistical power.

AUDIENCE: This is a thorough and practical fundamental book for students, researchers and anyone involved in the detailed evaluation of human movement with up-to-date methods in sport and exercise fields.

ASSESSMENT: "Biomechanical Evaluation of Movement in Sport and Exercise" is a must-have text for all biomechanics laboratories, students and all other interested parties undertaking research or practising in the field as it is written and observed by subject specialists.

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