



The Athlete's Clock: How Biology and Time Affect Performance

By Thomas W. Rowland

Human Kinetics Publishers. Paperback. Condition: new. BRAND NEW, The Athlete's Clock: How Biology and Time Affect Performance, Thomas W. Rowland, "The Athlete's Clock" answers some of the most compelling questions in sport and exercise science. This unique book takes a broad look at the physiological clock, offering students, researchers, coaches and athletes an approach to understanding how various aspects of time affect sport performance. Readers will find information on the mechanisms by which time influences physiological function, such as running speeds and muscle activation and how those mechanisms can be used in extending the limits of motor activity. Chapter introductions and sidebars throughout present amusing or unusual examples of sport and timing within various contexts. In addition, take-home messages at the end of each chapter summarise important findings and research that readers may apply in their own lives.



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