



Sport and Exercise Science: An Introduction

Dean Sewell, Philip Watkins, Murray Griffin, Dean A. Sewell

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Sport and Exercise Science: An Introduction, Second Edition, provides a broad-based foundation in the major areas that underpin the scientific study of sport and exercise science, thus helping undergraduate students to develop a sound understanding of human anatomy, physiology, nutrition, metabolism, biomechanics and psychology related to sport, exercise and health.

Key Features

- comprehensive and clear explanations of key concepts
- illustrated throughout with colour diagrams and photographs
- activities, summaries and chapter objectives to reinforce understanding
- support materials including multiple choice questions, an image bank, and animations that demonstrate key processes of exercise physiology and biomechanics

Sport and Exercise Science: An Introduction, Second Edition, is the essential companion to any student studying Sport Science at degree level.

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