Table of Contents

Part I. Fundamental Concepts

Chapter 1. The Assessment and Modification Model
Timothy R. Ackland, PhD, John Bloomfield, PhD, and Bruce C. Elliott, PhD
The Assessment and Modification Model
Sports Science Theoretical Base
Observation and Assessment
Comparison and Profiling
Intervention Priority
Modification
Pedagogical Considerations
Re-assessment
Conclusion

Chapter 2. Talent Identification and Profiling
Jason P. Gulbin, PhD, and Timothy R. Ackland, PhD
Talent Identification
Profiling
Conclusion

Part II. Applied Anatomy: Assessment and Modification of Physical Capacities

Chapter 3. Absolute Body Size
Timothy S. Olds, PhD, and Grant R. Tomkinson, PhD
The Principle of Morphological Optimization
Normative Data on Absolute Body Size in Sportspeople
The Physics of Absolute Body Size
Secular Trends in Absolute Body Size
Consequences of the Search for Size
Kinanthropometric Assessment

Chapter 4. Somatotype in Sport
J. E. Lindsay Carter, PhD, and Timothy R. Ackland, PhD
Introduction
Development of Somatotype Rating Methods
The Heath-Carter Anthropometric Method
Somatotype and Sport Performance
Desirable Body Types for High Level Performance
Exceptions to the Standard Body Shape and Size
Sport Selection and Somatotype
Somatotype Modification
Changes in Body Type During Growth
Conclusion

Chapter 5. Body Composition in Sport
Deborah A. Kerr, PhD, and Arthur D. Stewart, PhD
Introduction
Factors Affecting Body Composition
Body Composition Assessment
Body Composition and Sports Performance
Nutritional Changes to Modify Body Composition
Conclusions

Chapter 6. Proportionality
Timothy R. Ackland, PhD, and J. Hans De Ridder, PhD
Significance of Proportionality Modification in Sport
Effect of Growth on Proportionality
Proportionality Assessment
Proportionality Applied to Sport Performance
Proportionality Characteristics of Athletes
Racial Characteristics
Body Modification
Technique Modification
Conclusion

Chapter 7. Posture

Peter Hamer, PhD, and John Bloomfield, PhD

Evolution and the Development of Posture
Changes in Posture During Growth
Maintenance of Posture
Advantages of Good Posture
Postural Diversity within Individuals
Posture and its Relationship to Somatotype
Postural Defects
Static and Dynamic Posture
Posture Assessment
Desirable Postures for High Level Sport Performance
Modifying Posture and Technique to Improve Performance
Conclusion

Chapter 8. Strength

Michael McGuigan, PhD, and Nicholas Ratamess, PhD

Relationship Between Strength, Power and Strength-Endurance
Value of Strength in Sport
Muscle Structure and Function
Muscle Mechanics and Neuromuscular Considerations
Factors Affecting the Development of Muscular Function
Strength Assessment
General Training Principles
Strength Training Program Design
Strength Training Methods and Techniques
Strength-Endurance Training Methods
Strength Training, Injuries and Injury Prevention
Summary

Chapter 9. Power

Robert U. Newton, PhD, and William J. Kraemer, PhD

Introduction
Maximal Power Production Defined
Why is Maximal Power Important?
Factors Contributing to Maximal Power Output
Performance Qualities Contributing to Power
Assessment of Muscular Power
Training Methods for the Development of Power
Summary

Chapter 10. Speed

John Cronin, PhD, and Anthony J. Blazevich, PhD

Introduction
Neural Considerations
Morphological Considerations
Endocrine Considerations
Biochemical Considerations
Biomechanical and Anthropometric Considerations
Assessing Speed
Developing Speed
Conclusion

Chapter 11. Flexibility

Patria Hume, PhD, and Duncan Reid MHSc (Hons)

Definitions of Stretching and the Resulting Flexibility-Extensibility
Anatomy and Physiology Components Targeted for Stretching
Types of Stretching Procedure and Technique
Mechanisms of Stretching
Does Stretching Help Improve Sport Performance or Reduce Risk of Injury?
Other Factors Can Affect the Effectiveness of Stretching and the Resulting Flexibility
How do you Measure Improvement in Flexibility?
Conclusions

Chapter 12. Balance and Agility

David Lloyd, PhD, Timothy R. Ackland, PhD, and Jodie Cochrane, PhD

Factors Affecting Balance
Chapter 13. Modifying Physical Capacities  
Timothy R. Ackland, PhD, Deborah A. Kerr, PhD, and Robert U. Newton, PhD

Resistance Training Guidelines  
Resistance Training Exercises  
Stretching Exercises  
Training Programs for Specific Sports

Conclusion

Chapter 14. Analysis of Sports Performance  
Bruce Elliott, PhD, and Duane Knudson, PhD

Models of Technique Analysis  
Qualitative or Subjective Analysis  
Quantitative Analysis  
Conclusion

Chapter 15. Image Analysis in Sports Performance  
Jacqueline A. Alderson, PhD, and Bruce C. Elliott, PhD

Background  
Errors in Motion Analysis  
Planar Video Analysis  
3D Motion Analysis  
Data Filtering  
Conclusions

Chapter 16. The Application of Biomechanics in the Improvement of Sport Performance  
Bruce C. Elliott, PhD, and Damian Farrow, PhD

Instructional Approaches in Technique Modification  
Preparation of Athletes Involved in High-Speed Activities  
Biomechanical Considerations in Reducing Sporting Injury Rates

Conclusion

Chapter 17. Mechanics in Sport: Specific Applications  
Bruce C. Elliott, PhD, Timothy R. Ackland, PhD, and Jacqueline A. Alderson, PhD

Balance  
Newton's Laws of Motion  
Linking of Linear and Angular Motion  
Projectile Motion  
Momentum  
Moments of Force and Torque  
Energy  
Coefficient of Restitution  
Coordination and Summation of Body Segments  
Friction  
Centripetal Force  
Fluid Dynamics

Part IV. Practical Example

Chapter 18. A Practical Example: Pole Vault  
Timothy R. Ackland, PhD, Andrew Lyttle, PhD, and Bruce C. Elliott, PhD

Assessment of Physical Capacity and Intervention Program  
Biomechanical Assessment and Technique Modification  
Influence on Performance