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# **Cycling (Science Behind Sports)**

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## **Cycling (Science Behind Sports)**

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#### Cycling (Science Behind Sports) Stephen Currie

Books in this series explore the scientific principles behind some of the most popular team and individual sports; basic physical science concepts are explained in an engaging and accessible manner.; This book presents the scientific principles and concepts relevant to the sport of cycling. Individual chapters discuss the concepts of motion, energy transfer, force, momentum, friction, aerodynamics, and gravity; nutrition and training required for cyc; Each volume in the series focuses on one sport and opens with a brief look at the featured sport's origins, history and changes to rules, equipment, or techniques. Subsequent chapters cover the biomechanics and physiology of playing, related health and m

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