

Bios Instant Notes In Sport And Exercise Biomechanics

BIOS Instant Notes Chemistry for Biologists, Third Edition, is the perfect text for undergraduates looking for a concise introduction to the subject, or a study guide to use before examinations. Each topic begins with a summary of essential facts-an ideal revision checklist-followed by a description of the subject that focuses on core information, with clear, simple diagrams that are easy for students to understand and recall in essays and exams. BIOS Instant Notes Chemistry for Biologists, Third Edition, is fully up-to-date and covers: The elements Chemical bonds and molecular shape Water- the biological solvent Carbon, the basis for life on Earth 3D-molecular structure of organic compounds Small inorganic molecules of biological importance Some metals in biology Molecular interactions Common reaction types of carbon based compounds Organic compounds by chemical class Aromatic compounds Chemical synthesis of biological molecules Important biological macromolecules by class Aqueous behaviour Elementary thermodynamics Kinetics Spectroscopy Units and calculations

This new edition will be an even more tightly constructed overview of the subject than the first edition that will enable easy access to core information making it an ideal resource for learning and studying before exams. New topics include emotion, language, schizophrenia and depression.

Instant Notes in Mathematics and Statistics for Life Scientists is aimed at undergraduate life science students who need to improve or brush-up their mathematical and statistical skills to a level which will make the quantitative components of most undergraduate biological courses accessible.

Instant Notes in Chemistry for Biologists, Second Edition is a concise yet comprehensive book for undergraduates in the life sciences who have a limited background in chemistry. This book covers the main concepts in chemistry, provides simple explanations of chemical terminology, and extensively illustrates underlying principles and phenomena in the life sciences with clear biological examples. Building on the success of the first edition, the second edition has been fully revised and updated and includes new sections on water as a biological solvent, inorganic molecules and biological macromolecules.

Instant Notes in Physical Chemistry introduces the various aspects of physical chemistry in an order that gives the opportunity for continuous reading from front to back. The background to a range of important techniques is incorporated to reflect the wide application of the subject matter. This book provides the key to the understanding and learning of physical chemistry.

The second edition of Instant Notes in Bioinformatics introduced the readers to the themes and terminology of bioinformatics. It is divided into three parts: the first being an introduction to bioinformatics in biology; the second covering the physical, mathematical, statistical and computational basis of bioinformatics, using biological examples wherever possible; the third describing applications, giving specific detail and including data standards. The applications covered are sequence analysis and annotation, transcriptomics, proteomics, metabolite study, supramolecular organization, systems biology and the integration of-omic data, physiology, image analysis, and text analysis.

Instant Notes Sport and Exercise Biomechanics provides a comprehensive overview of the key concepts in exercise and sport biomechanics. The kinematics of motion are reviewed in detail, outlining the physics of motion. Mechanical characteristics of motion, the mechanisms of injury, and the analysis of the sport technique provides a source of valuable information.

This is a student-friendly compendium of the essentials of animal biology, including the Animal Kingdom, comparative physiology, reproductive physiology and developmental biology.

Instant Notes in Sport and Exercise Psychology provides concise coverage of sport and exercise psychology at the undergraduate level, and also covers the crucial basic psychology that underpins the subject. It has four main themes: theoretical approaches and research methods sport psychology at both the individual and group level of analysis exercise psychology practical applications including performance enhancement and ethics. Suitable for students in sport and exercise science, sport psychology, sport studies and sports management, it will be useful for coaches and athletes who wish to gain an up-to-date understanding of the key concepts, theories and research in this area.

Instant Notes in Sport and Exercise Physiology looks at the key topics in exercise physiology and examines how each of the physiological systems responds to acute and chronic exercise. As well as reviewing special topics such as nutrition, altitude, temperature, and ergogenic acids, it assesses the importance of exercise to health and quality of life and considers the importance of exercise to adults, children and the elderly.

This book is suitable for students on sport and exercise science, sport psychology, sport studies and sports management courses who need to know what sport and exercise psychology is about.

Abstract: [Publisher-supplied data] Instant Notes titles focus on core information and are designed to help undergraduate students come to grips with a subject quickly and easily. Instant Notes Sport and Exercise Biomechanics provides a comprehensive overview of the key concepts in exercise and sport biomechanics. Library of Congress subject headings for this publication: Human mechanics.

Biomechanics. Sports -- Physiological aspects. Exercise -- Physiological aspects

Instant Notes in Medical Microbiology covers medical microbiology from the molecular biology of infectious agents right through to the clinical management of the infected patient, including disease pathogenesis, diagnosis, and the use of antimicrobial therapy. The first section covers how micro-organisms spread and cause disease in humans, and how the human body responds to infection in general. The next three sections give a broad outline of the important properties of human infectious pathogens; split into viruses, bacteria, and eukaryotic organisms. The final sections cover laboratory diagnosis, antimicrobial chemotherapy, prevention strategies, and infection from the point of view of the patient.

Providing researchers and students with easy access to the key facts in a format specially designed for ease of use and rapid revision, this book in the acclaimed "Instant Notes" series covers studying cells and macromolecules, protein structure, nucleic acids composition properties and structures, and gene manipulation, and bacteriophage and viruses, tumor viruses and oncogenes, and applications. 220 illus. Instant Notes in Human Physiology will be valuable to students in whatever context they are studying physiology. It explains fundamental concepts and the major physiological systems, showing how they are integrated, without overloading the reader with information.

Fun, witty, and imbued throughout with admiration for the simple beauty of physics, Gold Medal Physics is sure to inspire readers to think differently about the next sporting event they watch.

Instant Notes in Cognitive Psychology is a concise summary of the key theoretical and empirical topics in cognitive psychology, providing easy access to the core information in the field. The book can serve as a core text, supplemented by readings in the original literature, as a reference guide for students and lecturers alike, or as an ideal revision guide prior to exams. Instant Notes in Cognitive Psychology is intended primarily for students taking a first course in the subject, but can also be used as an introduction to the field for undergraduates and graduates from other subject areas.

Instant Notes in Physiological Psychology provides a succinct overview of the key topics in physiological psychology, providing easy access to the core information in the field. Although physiological psychology is a required component of most degrees, the authors recognise that many students come from non-scientific backgrounds and may find the subject daunting. This book covers all of the essential topics in a format that is ideal for learning and rapid revision for students from all backgrounds. It can serve as a core text, supplemented by readings in the original literature, as a reference guide for students

and lecturers alike, or as an ideal revision guide prior to exams. Instant Notes in Physiological Psychology is primarily intended for students taking a first course in the subject, but can also be used as an introduction to the field for undergraduates and graduates from other subject areas.

The second edition of Instant Notes in Neuroscience covers neuroanatomy, cellular and molecular neuroscience, systems neuroscience, behavior, development of the nervous system, learning, memory, and common brain disorders. It gives rapid and easy access to the core of the subject in an affordable and manageable-sized text.

Sport and Exercise Biomechanics Garland Science

Instant Notes in Analytical Chemistry provides students with a thorough comprehension of analytical chemistry and its applications. It supports the learning of principles and practice of analytical procedures and also covers the analytical techniques commonly used in laboratories today.

A major update of the highly popular second edition, with changes in the content and organisation that reflect advances in the subject. New and expanded topics include cytoskeleton, molecular motors, bioimaging, biomembranes, cell signalling, protein structure, and enzyme regulation. As with the first two editions, the third edition of Instant Notes in Biochemistry provides the essential facts of biochemistry with detailed explanations and clear illustrations.

BIOS Instant Notes in Biochemistry, Fourth Edition, is the perfect text for undergraduates looking for a concise introduction to the subject, or a study guide to use before examinations. Each topic begins with a summary of essential facts-an ideal revision checklist-followed by a description of the subject that focuses on core information, with clear, simple diagrams that are easy for students to understand and recall in essays and exams. BIOS Instant Notes in Biochemistry, Fourth Edition, is fully up-to-date and covers: Cells Amino acids and proteins Studying proteins Enzymes Membranes and cell signalling DNA structure and replication RNA synthesis and processing Protein synthesis Recombinant DNA technology Carbohydrate metabolism Lipid metabolism Respiration and energy Nitrogen metabolism

Looks at the key topics in exercise physiology and examines how each of the physiological systems responds to acute and chronic exercise. In addition to reviewing special topics such as nutrition, altitude, temperature and ergogenic acids, it assesses the importance of exercise to health and quality of life to people of all ages.

BIOS Instant Notes in Microbiology, Fourth Edition, is the perfect text for undergraduates looking for a concise introduction to the subject, or a study guide to use before examinations. Each topic begins with a summary of essential facts-an ideal revision checklist-followed by a description of the subject that focuses on core information, with clear

BIOS Instant Notes in Immunology, Third Edition, is the perfect text for undergraduates looking for a concise introduction to the subject, or a study guide to use before examinations. Each topic begins with a summary of essential facts-an ideal revision checklist-followed by a description of the subject that focuses on core information, with clear, This volume provides concise yet comprehensive coverage of the subject at undergraduate level, enabling easy access to core information in the field. It covers all the important areas of psychology in a format that is ideal for learning and rapid revision.

This is the clearest and most straightforward biomechanics textbook currently available. By breaking down the challenging subject of sport and exercise biomechanics into short thematic sections, it enables students to grasp each topic quickly and easily, and provides lecturers with a flexible resource that they can use to support any introductory course on biomechanics. The book contains a wealth of useful features for teaching and learning, including clear definitions of key terms, lots of applied examples, guides to further reading, and revision questions with worked solutions. It has been significantly expanded to encompass rapidly developing areas, such as sports equipment design and modern optoelectronic motion analysis systems, and it includes a number of new sections that further develop the application of biomechanics in sports performance and injury prevention. A new companion website includes a test bank, downloadable illustrations and, where appropriate, suggestions for learning outcomes and/or lab-based sessions for lecturers. Instant Notes in Sport and Exercise Biomechanics has been an invaluable course companion for thousands of students and lecturers over the last decade. Engaging, direct, and now fully refreshed, it is the only biomechanics textbook you'll ever need.

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