

Contents

List of Contributors, vii

Forewords, ix

Preface, xi

Part 1: Muscle Action in Sport and Exercise

- 1 Neural Contributions to Changes in Muscle Strength, 3
J.G. SEMMLER AND R.M. ENOKA
- 2 Mechanical Properties and Performance in Skeletal Muscles, 21
W. HERZOG
- 3 Muscle-Tendon Architecture and Athletic Performance, 33
J.H. CHALLIS
- 4 Eccentric Muscle Action in Sport and Exercise, 56
B.I. PRILUTSKY
- 5 Stretch-Shortening Cycle of Muscle Function, 87
P.V. KOMI AND C. NICOL
- 6 Biomechanical Foundations of Strength and Power Training, 103
M.C. SIFF

Part 2: Locomotion

- 7 Factors Affecting Preferred Rates of Movement in Cyclic Activities, 143
P.E. MARTIN, D.J. SANDERSON AND B.R. UMBERGER
- 8 The Dynamics of Running, 161
K.R. WILLIAMS
- 9 Resistive Forces in Swimming, 184
A.R. VORONTSOV AND V.A. RUMYANTSEV
- 10 Propulsive Forces in Swimming, 205
A.R. VORONTSOV AND V.A. RUMYANTSEV
- 11 Performance-Determining Factors in Speed Skating, 232
J.J. DE KONING AND G.J. VAN INGEN SCHENAU
- 12 Cross-Country Skiing: Technique, Equipment and Environmental Factors Affecting Performance, 247
G.A. SMITH

Part 3: Jumping and Aerial Movement

- 13 Aerial Movement, 273
M.R. YEADON
- 14 The High Jump, 284
J. DAPENA