



Routledge Handbook of Ergonomics in Sport and Exercise (Routledge International Handbooks)

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Ergonomics is concerned with the 'fit' between people and their work. With an increasing number of people becoming conscious about their health and participating in sport or physical activity, ergonomics has become an increasingly prominent concern within the sport and exercise sciences. From the design of footwear and artificial playing surfaces, to studies of proprioception by obese children, the way in which people interact with their environment - designed and natural – has important implications for performance sport and for the design of safe and beneficial forms of physical activity.

The Routledge Handbook of Ergonomics in Sport and Exercise is the first book to offer a comprehensive and in-depth survey of cutting-edge scientific research into ergonomics in sport and exercise. Written by world-leading international scientists and researchers, the book explores key topics such as:

- Musculoskeletal adaptation to sports and exercise
- Environmental factors of injury and fatigue
- Load weight and performance
- Ergonomics in adapted sports and exercise
- Measurement in sports and exercise
- Modeling and simulation in ergonomics design
- Influence of playing surface, footwear and equipment design

Bridging the gap between fundamental scientific research in sport and exercise and applications in sport and exercise contexts, this is an important reference for all advanced students, researchers and professionals working in sport and exercise science, kinesiology, sports technology, sports engineering, ergonomics, and product design.

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