

BOOK REVIEW

BIOMECHANICS OF THE JAVELIN THROW



Juris Terauds

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By Juris Terauds
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Many of the papers published recently on biomechanical aspects of athletics seem to have been written more with a view to demonstrating the scientific expertise of the writer rather than from a genuine desire to enlighten the reader. In this book Juris Terauds has succeeded admirably in avoiding the use of unnecessary formulae without any sacrifice of scientific accuracy. It is, above all, a practical book for the coach and the athlete and one in which "art" and "science" are well combined.

The chapter on "Aerodynamics of the javelin", apart from providing a very good glossary of mechanical terms, also gives a clear explanation of the differences between the old and new rules on javelins. Following chapters deal with the technique of javelin throwing, from the grip, the carry, run, transition into the throw and recovery; further chapters cover very fully mechanical aspects of the release and flight, research procedures and the significant characteristics of the new javelins.

The technique of the javelin event is illustrated by sequence photographs of Tom Petranoff, which are placed in the bottom right hand corner of the pages so that they can be flipped over to create the illusion of movement.

All in all, this is a very well thought out and well written book and one which can be unreservedly recommended to coach, athlete and indeed any one who is at all interested in athletic techniques.

J. W. Alford

Development Programme Co-ordinator