



# The Science of Equestrian Sports: Theory, Practice and Performance of the Equestrian Rider

*Inga Wolframm*

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*The Science of Equestrian Sports* is a comprehensive study of the theory and practice of the rider in equine sport. While most scholarship to date has focused on the horse in competition, this is the first book to collate current data relating specifically to riders. It provides valuable insight into improving sporting performance and maintaining the safety of both the horse and the rider.

Drawing on the latest scientific research, and covering a wide range of equestrian disciplines from horseracing to eventing, the book systematically explores core subjects such as:

- physiology of the rider
- sport psychology in equestrian sport
- preventing injury
- biomechanics and kinematics
- coaching equestrian sport
- the nature of horse-rider relationships

This holistic and scientific examination of the role of the horse rider is essential reading for sport science students with an interest in equestrian sport and equitation. Furthermore, it will be an invaluable resource for instructors, coaches, sport psychologists, or physiologists working with equestrian athletes.

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