

The Science Of Rugby

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The Science of Rugby is the only book to examine the scientific principles underpinning the preparation of rugby players for high performance. Drawing on the very latest scientific evidence, and covering both codes (union and league), the book explores every aspect of preparation and performance that introduces best practice by leading coaches and sports science professionals from around the rugby world.

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The articles – rugby through science ' s lens So below are links to the four articles I have written so far – I was commissioned to write these as part of Powerade ' s sponsorship of the Super 14 tournament, which is the biggest tournament in the Southern Hemisphere, and arguably the toughest rugby tournament in the world.

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The purpose of this paper is to provide a comprehensive review of the science of rugby league football at all levels of competition (i.e. junior, amateur, semi-professional, professional), with special reference to all discipline-specific scientific research performed in rugby league (i.e. physiological, psychological, injury epidemiology, strength and conditioning, performance analysis).

Science of rugby league football: a review

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As a former England rugby player and aged just 48, Steve Ojomoh might have seemed an unlikely candidate for a stroke. Indeed, he thought he was perfectly fit and healthy.

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