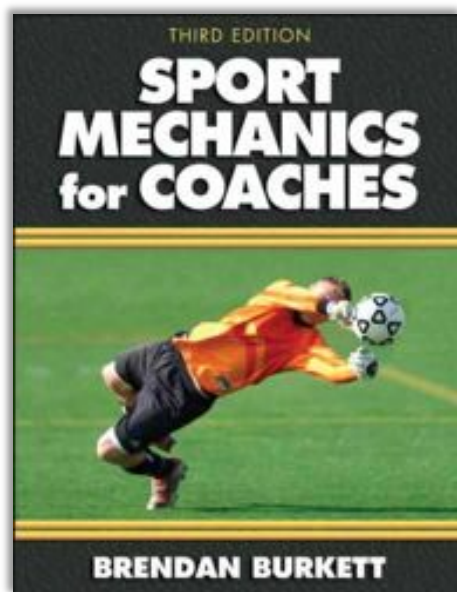


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The author, **Brendan Burkett** is an associate professor at the University of the Sunshine Coast in Queensland, Australia. He received his undergraduate and master’s degrees in engineering and attained his doctorate in biomechanics from the Australian Institute of Sport. Burkett’s specializations are teaching biomechanics, sports coaching, and performance enhancement.



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