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ضمیمه

مودول ویت و رئوس برای همسانگردی عرضی و تقارن ارسوتروپیک در زیر ارائه شده است:

همسانگردی عرضی ویت

$$K^V = \frac{2(C_{11} + C_{12}) + 4(C_{13} + C_{33})}{9}$$

$$G^V = \frac{(C_{11} + C_{12}) - 4C_{13} + 2C_{33} + 12(C_{44} + C_{66})}{30}$$

همسانگردی عرضی رئوس

$$K_R = \frac{C_{33}(C_{11} + C_{12}) - 2C_{13}^2}{(C_{11} + C_{12} - 4C_{13} + 2C_{33})}$$

$$G_R = \frac{5[C_{33}(C_{11} + C_{12}) - 2C_{13}^2]C_{44}C_{66}}{2\{(C_{33}(C_{11} + C_{12}) - 2C_{13}^2)(C_{44} + C_{66}) + [C_{44}C_{66}(2C_{11} + C_{12}) + 4C_{13} + C_{33}]/3\}}$$

اور سوتروپیک وُیت

$$K^V = \frac{C_{11} + C_{22} + C_{33} + 2(C_{12} + C_{13} + C_{23})}{9}$$

$$G^V = \frac{[C_{11} + C_{22} + C_{33} + 3(C_{44} + C_{55} + C_{66}) - (C_{12} + C_{13} + C_{23})]}{15}$$

اور سوتروپیک رئوس

$$K_R = \frac{\Delta}{C_{11}C_{22} + C_{22}C_{33} + C_{33}C_{11}} - 2(C_{11}C_{23} + C_{22}C_{13} + C_{33}C_{12})$$

$$+ 2(C_{12}C_{23} + C_{23}C_{13} + C_{13}C_{12}) - (C_{12}^2 + C_{13}^2 + C_{23}^2)$$

$$G_R = 15/(4\{(C_{11}C_{22} + C_{22}C_{33} + C_{33}C_{11} + C_{11}C_{23} + C_{22}C_{13} + C_{33}C_{22})$$

$$- [C_{12}(C_{12} + C_{23}) + C_{23}(C_{23} + C_{13}) + C_{13}(C_{13} + C_{12})]\}/\Delta$$

$$+ 3(1/C_{44} + 1/C_{55} + 1/C_{66}))$$

در اینجا Δ بیشتر ارائه شده است

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اطلاعات پیشتر
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A comprehensive treatment of quantitative predictions in exercise physiology is presented in Biomechanics and Exercise Physiology by Arthur T. Johnson (John Wiley & Sons, 1991). There are a number of errors in the book, but an errata sheet is available from the author.

P.O. Astrand and K. Rodahl's Textbook of Work Physiology (McGraw-Hill, 1970) contains a great deal of exercise physiology and is probably considered to be the standard textbook on the subject.

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