



The Science of Gymnastics: Data Graphs for Science Lab

By M Schottenbauer

Createspace, United States, 2014. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.This book contains graphs showing data from a selection of basic gymnastics moves, including floor, vault, high bar, parallel bars, rings, and pommel horse, using training-style equipment (mini bar, small and large parallettes, and a pommel trainer). Gymnastics moves studied include lunge, bounding, salto, roundoff, swinging on parallettes, pommel swings, pommel circles, and inversion on rings, among others. These data can be used for lesson plans by teachers and parents.



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