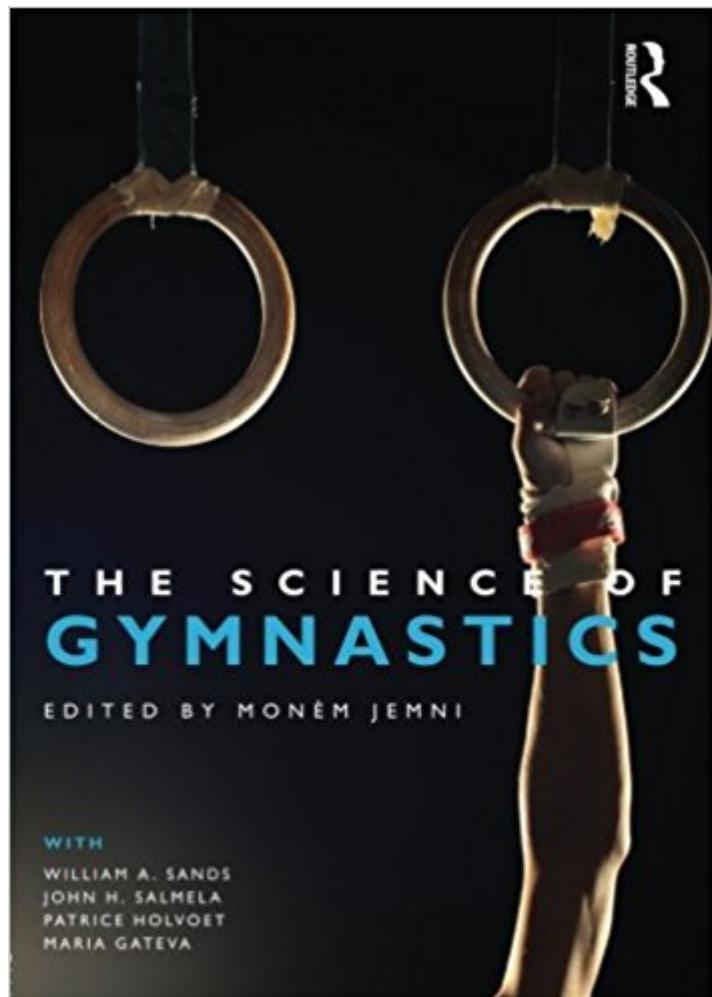


The book was found

The Science Of Gymnastics



Synopsis

The Science of Gymnastics is a comprehensive and accessible introduction to the fundamental physiological, biomechanical and psychological principles underpinning this most demanding of sports. Drawing on cutting edge scientific research, and including contributions from leading international sport scientists and experienced coaches, the book represents an important link between theory and performance. With useful summaries, data and review questions included throughout, the book examines every key aspect of gymnastic training and performance, including: energetic, physical and physiological assessment training principles diet, nutrition and supplementation growth and development issues kinetics and kinematics angular and linear motion angular momentum stress, anxiety and coping motivation and goal setting mental skills training for practice and competition the psychology of learning and performance. In a concluding section the authors reflect on how fundamental scientific components (physiology, biomechanics and psychology) interact to enhance gymnastic performance, helping students to develop a better understanding of the relationship between sport science and sporting performance. The Science of Gymnastics is essential reading for all students, coaches and researchers with an interest in gymnastics or applied sport science.

Book Information

Paperback: 224 pages

Publisher: Routledge; 1 edition (March 10, 2011)

Language: English

ISBN-10: 0415549914

ISBN-13: 978-0415549912

Product Dimensions: 6.8 x 0.5 x 9.7 inches

Shipping Weight: 14.1 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 starsÂ See all reviewsÂ (3 customer reviews)

Best Sellers Rank: #1,293,885 in Books (See Top 100 in Books) #212 inÂ Books > Sports & Outdoors > Individual Sports > Gymnastics #792 inÂ Books > Sports & Outdoors > Miscellaneous > Sports Psychology #8868 inÂ Books > Science & Math > Technology

Customer Reviews

It helped me coaching.I like that it helped me through my teaching from level 4 to 7, and sure it will help more for references.

My daughter is a gymnastic instructor and wanted this for Christmas.

Practical approach with scientific data.Great.

[Download to continue reading...](#)

Children's Book About Gymnastics: A Kids Picture Book About Gymnastics With Photos and Fun Facts The 1st Three Years of Acro, Gymnastics, & Tumbling: Teaching Tips, Monthly Lesson Plans, and Syllabi for Successful Gymnastics Classes The Science of Gymnastics Jumble® Gymnastics: You'll Flip for These Puzzles! (Jumbles®) Cross Training WOD Bible: 555 Workouts from Beginner to Ballistic (Bodyweight Training, Kettlebell Workouts, Strength Training, Build Muscle, Fat Loss, Bodybuilding, Home Workout, Gymnastics) Gymnastics Jitters (Jake Maddox Girl Sports Stories) The End of the Perfect 10: The Making and Breaking of Gymnastics' Top Score -from Nadia to Now Chalked Up: My Life in Elite Gymnastics TW200A1 - Theory Gymnastics - Brillante Level A Revised Tumbling Dreams (The Gymnastics Series Book 2) Shawn Johnson: Gymnastics Golden Girl: GymnStars Volume 1 Gymnastics Meet Journal: Girls' Edition (Dream Believe Achieve Athletics) Head Over Heels About Gymnastics! Volume 1: Boys & Girls Floor Skills TW200B2 - Theory Gymnastics - Spirito Level B Revised Flipping Out: The Gymnastics Series #3 Artistic Gymnastics: Coloring and Activity Book: Gymnasticsis one of Idan's interests. He has authored various of Books which giving to children the ... Acrobatic Stunts", "Capoeira" etc. (Volume 4) TW200T2 - Theory Gymnastics - Accelerando 2 Level C & D Revised 2016-2018 NFHS Girls Gymnastics Rules Book and Manual Nastia Liukin: Ballerina of Gymnastics (GymnStars Book 2) The Fab Five: Jordyn Wieber, Gabby Douglas, and the U.S. Women's Gymnastics Team: GymnStars Volume 3

[Dmca](#)