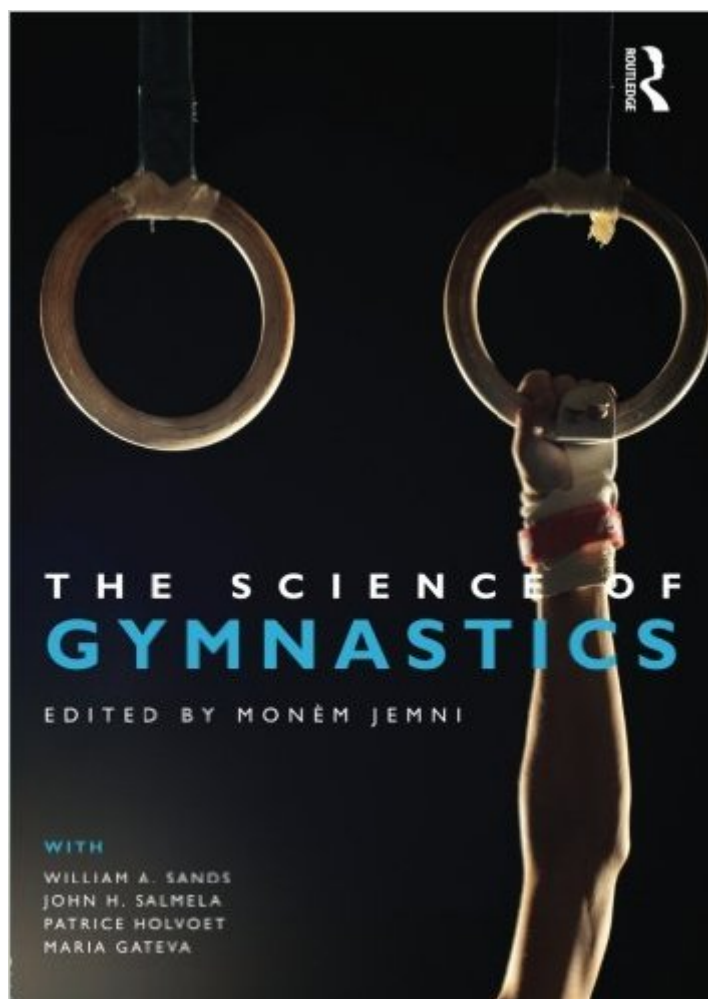


The book was found

# 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 stars [See all reviews](#) (3 customer reviews)

Best Sellers Rank: #1,293,885 in Books (See Top 100 in Books) #212 in [Books > Sports & Outdoors > Individual Sports > Gymnastics](#) #792 in [Books > Sports & Outdoors > Miscellaneous > Sports Psychology](#) #8868 in [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.

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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)  
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Flipping Out: The Gymnastics Series #3 Artistic Gymnastics: Coloring and Activity Book: Gymnastics is 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  
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