



The Science of Gymnastics: Volume 4: Data & Graphs for Science Lab

M. Schottenbauer

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This book contains graphs showing data from a selection of basic gymnastics moves, with a focus on parallel bars, rings, and pommel horse, using homemade equipment. Samples include handstand, swings and inversions on parallel bars, L-sits on rings, pommel swings, and more. Graphs trace the head, shoulders, elbows, wrists, hands, hip, knees, ankles, and/or feet as they move. These data can be used for lesson plans by teachers and parents.

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