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Titolo	Gymnastics // by Heather E. Schwartz
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Collana	The science behind sports Gymnastics
Disciplina	796.4
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Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Cover -- Title -- Copyright -- Table of Contents -- Foreword -- Chapter 1: An Ancient Sport -- Chapter 2: Training and Conditioning -- Chapter 3: Somersaults, Headstands, and Other Beginner Moves -- Chapter 4: Flying High -- Chapter 5: Injuries and Treatments -- Chapter 6: The Psychology of Gymnastics -- Notes -- Glossary -- For More Information -- Index -- Picture Credits -- About the Author -- Back Cover.
Sommario/riassunto	Explores the scientific principles behind some of the most popular team and individual sports. Covers origins, history and changes, the biomechanics and physiology of playing, related health and medical concerns, and the causes and treatment of sports-related injuries. This volume covers gymnastics.