



Figure Skating (Science Behind Sports)

Jennifer Mackay

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Books in this series explore the scientific principles behind some of the most popular team and individual sports; basic physical science concepts are explained in an engaging and accessible manner.; Figure skating - the world's most popular winter Olympic sport - is the subject of Lucent's newest addition to the Science behind Sports series. Though figure skaters are often known for their theatrical and artistic performances, author Jenny MacKay outlines; Each volume in the series focuses on one sport and opens with a brief look at the featured sport's origins, history and changes to rules, equipment, or techniques. Subsequent chapters cover the biomechanics and physiology of playing, related health and m

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