



Walk, Jog, & Run: The Science of Athletic Training: Data & Graphs for Science Lab: Volume 4

M. Schottenbauer

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This book presents data on the motions involved in complex athletic training exercises. Examples include windmills, split jumps, T-pushups, burpees, squats with arm swings, and more! Graphs show the body in motion over time, showing the x-y positions of hip, knee, and ankle, shoulder, elbow, and/or wrist during exercises. These data can be used for lesson plans by teachers and parents. Note: These biophysics data are samples from one individual and are not representative of the population.

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