



The Science of Gymnastics (Sports Science)

Katie Kawa

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Gymnasts use science in every event, including the balance beam, vault, rings, and floor exercise. Physics and biology work together to help gymnasts do incredible tricks with their bodies. Readers discover the many connections between science and gymnastics, and bright photographs show the ways science is put into action by gymnasts from young tumblers to Olympic gymnasts. Fascinating sidebars and graphic organizers further explain the science of gymnastics, as well as the ways this sport uses technology, engineering, and math. Essential areas of STEM curricula are explained in a relatable way that's sure to engage and entertain readers.

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