



# **The Science of Gym Class: More Than Just Dodgeball and Sweatpants (Everyday Science)**

*Darlene R. Stille*

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*Darlene R. Stille*

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Gym is just gym, theres no science involved, right? That goes on somewhere else. Wrong! Science is at work when you balance on a beam, whack a baseball, sprint across a field, or slam dunk a basketball. Discover how you couldnt move a muscle without science.

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