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The Science of Gymnastics

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The Science of Gymnastics

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The Science of Gymnastics is a comprehensive and accessible introduction to the fundamental physiological, biomechanical and psychological principles underpinning this most demanding of sports.

Drawing on cutting edge scientific research, and including contributions from leading international sport scientists and experienced coaches, the book represents an important link between theory and performance. With useful summaries, data and review questions included throughout, the book examines every key aspect of gymnastic training and performance, including:

- energetic, physical and physiological assessment
- training principles
- diet, nutrition and supplementation
- growth and development issues
- kinetics and kinematics
- angular and linear motion
- angular momentum
- stress, anxiety and coping
- motivation and goal setting
- mental skills training for practice and competition
- the psychology of learning and performance.

In a concluding section the authors reflect on how fundamental scientific components (physiology, biomechanics and psychology) interact to enhance gymnastic performance, helping students to develop a better understanding of the relationship between sport science and sporting performance. *The Science of Gymnastics* is essential reading for all students, coaches and researchers with an interest in gymnastics or applied sport science.

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