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By M. Schottenbauer

Createspace. Paperback. Book Condition: New. This item is printed on demand. Paperback. 52 pages. Dimensions: 11.0in. x 8.5in. x 0.1in. Learn about the Biophysics of Yoga, Pilates, and Ballet! Position and Movement In this book, readers gain access to real scientific data pertaining to the science of human movement, promoting graph-reading, comparison, contrast, and calculation skills. Graphs show data from the following scientific instruments: Video Analysis This book allows readers to analyze real data without purchasing expensive lab equipment. These graphs show data from a variety positions and movements found in basic yoga, Pilates, and ballet classes. Graphs show x-y coordinates plotted against time for the positions of the hip, knee, ankle, shoulder, elbow, wrist, and/or head 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. This item ships from La Vergne, TN. Paperback.



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