


[DOWNLOAD](#)


Glide, Spin, Jump: The Science of Ice Skating: Volume 3: Data and Graphs for Science Lab: Spins (Paperback)

By M Schottenbauer

Createspace, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. This book contains graphs showing the movement of a skater demonstrating spins in slow motion on synthetic ice, as well as spinning on land with a rotational device and during freestyle dance. Samples include forward and backward scratch spins, camel spins, sit spins, layback spins, and transitions between spin positions. These data from ice skating can be used for lesson plans by teachers and parents. Bonus Material: Graphs from off-ice experiments with different types of rotating devices provide contrast and context for the science of ice skating. Additional data is also provided regarding the force shifts which occur under the foot as a skater changes positions of arms and legs. Plus, appendices contain color-coded diagrams of spins and spin entrances (straight, camel, sit, layback).



[READ ONLINE](#)

[6.79 MB]

Reviews

The very best publication i possibly read. it was writtern very perfectly and useful. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- **Wilhelm Predovic**

If you need to adding benefit, a must buy book. It is packed with wisdom and knowledge I am just effortlessly could get a pleasure of reading a written publication.

-- **Lea Legros V**