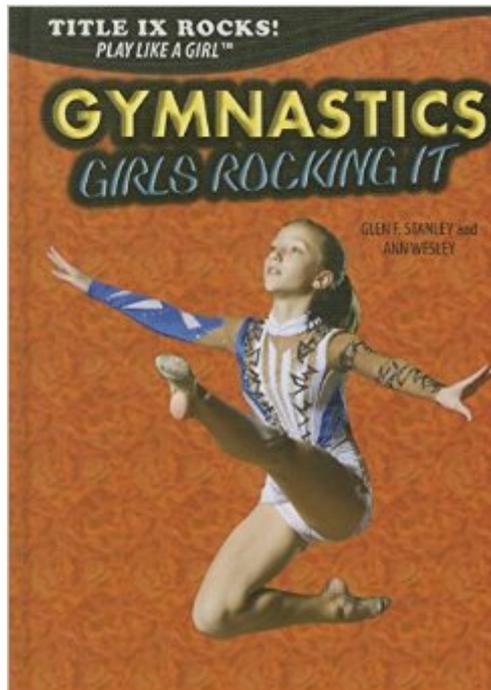


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Gymnastics: Girls Rocking It (Title IX Rocks!)



Synopsis

This informative resource explores some of the basic principles of gymnastics and the factors that motivate girls who dedicate themselves to perfecting the sports skills. It analyzes body types and sizes, age, and building gymnastic strength and flexibility. Some beneficial exercises and stretches are described as well as basic skills. Common ailments and injuries and how to avoid them are discussed, as are nutrition and eating disorders. Equipment required for basic eventsbalance beam, floor exercise, uneven bars, and vaultis explained as well as the ways to perform safely. This indispensable volume offers girls an interesting and instructional guide.

Book Information

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