



Stretch, Hold, Move, Leap the Science of Yoga, Pilates, Ballet: Data Graphs for Science Lab: Volume 2

By M. Schottenbauer

Createspace. Paperback. Book Condition: New. This item is printed on demand. Paperback. 116 pages. Dimensions: 11.0in. x 8.5in. x 0.3in. Learn about the Biophysics of Yoga, Pilates, and Ballet! Joint Angles and Range of Motion, Electrical Signals of the Heart and Muscles, Breathing Patterns and Lung Capacity, Blood Pressure and Heart Rate! 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: Goniometer EKG EMG Sensor Spirometer Blood Pressure and Heart Rate Sensor. This book allows readers to analyze real data without purchasing expensive lab equipment. These graphs show data from a variety of positions found in basic yoga, Pilates, and ballet classes. Graphs show joint angles and range of motion for various poses and motions, electrical signals of the heart (EKG) and muscles (EMG), breathing patterns, lung capacity, and blood pressure before and after various exercises. These data can be used for lesson plans by teachers and parents. Bonus Material: Diagrams of yoga, Pilates, and ballet positions are demonstrated by the cartoon character Blue Dude. These diagrams are included only for the purpose of illustrating the positions, and do...



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