



Cheerleading (Science Behind Sports)

Heather E. Schwartz

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Books in this series explore the scientific principles behind some of the most popular team and individual sports; basic physical science concepts are explained in an engaging and accessible manner.; Lucent's new title, Science behind Sports: Cheerleading, focuses on the biomechanical and physical principles behind the chants and stunts of sideline and competitive cheerleading. Author Heather Schwartz discusses the similarities between dance and cheer; Each volume in the series focuses on one sport and opens with a brief look at the featured sport's origins, history and changes to rules, equipment, or techniques. Subsequent chapters cover the biomechanics and physiology of playing, related health and m

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