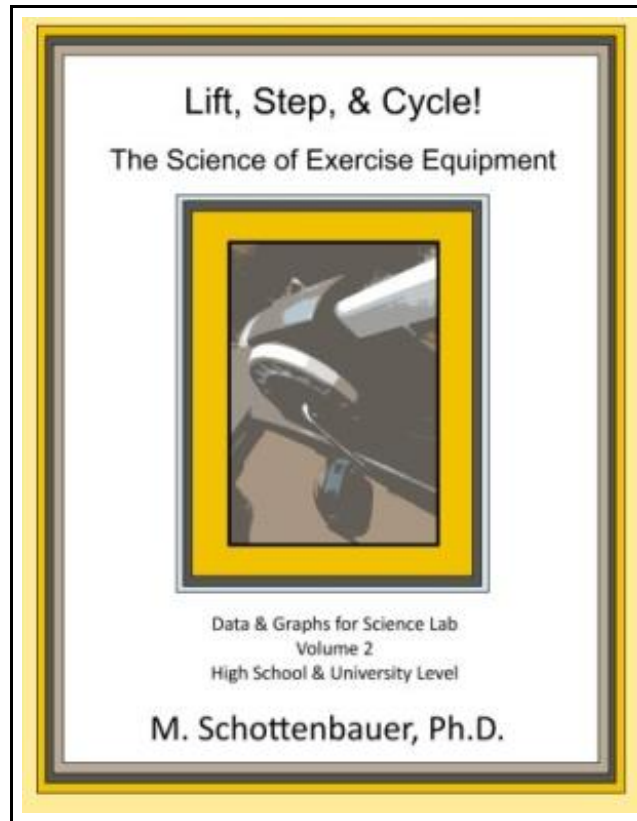


Lift, Step, Cycle: The Science of Exercise Equipment: Volume 2: Data and Graphs for Science Lab



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Reviews

This publication will be worth purchasing. It really is written in simple terms instead of difficult to understand. It's been designed in an exceptionally simple way and is particularly only right after I finished reading this ebook in which basically modified me, alter the way I believe.

(Prof. Loyce Runolfsson Jr.)

LIFT, STEP, CYCLE: THE SCIENCE OF EXERCISE EQUIPMENT: VOLUME 2: DATA AND GRAPHS FOR SCIENCE LAB



Createspace. Paperback. Book Condition: New. This item is printed on demand. Paperback. 74 pages. Dimensions: 11.0in. x 8.5in. x 0.2in. Learn about the Biophysics of Exercise Equipment! 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 exercise equipment, 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. Graphs present data from common exercise equipment, including stationary bicycles and free weights. Graphs show joint angles and range of motion for various athletic training activities, 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 show the exercises as demonstrated by the cartoon character Blue Dude. These diagrams are included only for the purpose of illustrating the positions, and do not provide instruction for exercise. 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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