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

By M. Schottenbauer

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...



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Reviews

The publication is simple in go through preferable to fully grasp. I am quite late in start reading this one, but better then never. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- Mrs. Josiane Collins

This book is really gripping and fascinating. Of course, it is actually play, nonetheless an interesting and amazing literature. You will not feel monotony at anytime of the time (that's what catalogs are for about if you request me).

-- Delbert Gleason