

GYMNASTIC KINESIOLOGY

A MANUAL OF THE MECHANISM OF GYMNASTIC MOVEMENTS
WILLIAM SKARSTROM



Gymnastic Kinesiology

William Skarstrom



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Gymnastic Kinesiology William Skarstrom, 2015-08-05 Excerpt from *Gymnastic Kinesiology A Manual of the Mechanism of Gymnastic Movements* The favorable reception accorded the first edition of the manual was most gratifying The gradual but steady increase of its use seems to warrant the assumption that it is filling a real want and to justify me in venturing the publication of a second edition A number of minor changes in phrasing and construction have been made in an endeavor to make the text clearer But aside from the correction of a few errors the addition of three illustrations and of three titles to the bibliography no important changes or additions have been made The subject matter in the following pages appeared substantially in its present form in the *Physical Education Review* during 1908 and 1909 This series of articles was planned with a view to present in a non technical manner the application to gymnastics of generally known anatomical facts in conjunction with a few elementary mechanical principles more or less familiar to everyone and also to correlate such application with certain fundamental conceptions regarding the effect of different uses of the motor organs on their structure as well as on their functional power and control The larger part of the subject matter therefore is devoted to the analysis of representative types of exercises for the purpose of ascertaining their mechanism and determining as far as possible their immediate and permanent effects or tendencies The aim was to establish in this way a basis for estimating the value or effectiveness of different styles of gymnastic work as regards posture and motor education and in general to influence gymnastic teaching in the direction of greater definiteness of purpose choice of material and procedure In discussing the mechanism of movements uniformity of conception and execution is assumed About the Publisher Forgotten Books publishes hundreds of thousands of rare and classic books Find more at www.forgottenbooks.com This book is a reproduction of an important historical work Forgotten Books uses state of the art technology to digitally reconstruct the work preserving the original format whilst repairing imperfections present in the aged copy In rare cases an imperfection in the original such as a blemish or missing page may be replicated in our edition We do however repair the vast majority of imperfections

successfully any imperfections that remain are intentionally left to preserve the state of such historical works

This book delves into Gymnastic Kinesiology. Gymnastic Kinesiology is a vital topic that must be grasped by everyone, from students and scholars to the general public. The book will furnish comprehensive and in-depth insights into Gymnastic Kinesiology, encompassing both the fundamentals and more intricate discussions.

1. This book is structured into several chapters, namely:

- Chapter 1: Introduction to Gymnastic Kinesiology
- Chapter 2: Essential Elements of Gymnastic Kinesiology
- Chapter 3: Gymnastic Kinesiology in Everyday Life
- Chapter 4: Gymnastic Kinesiology in Specific Contexts
- Chapter 5: Conclusion

2. In chapter 1, the author will provide an overview of Gymnastic Kinesiology. The first chapter will explore what Gymnastic Kinesiology is, why Gymnastic Kinesiology is vital, and how to effectively learn about Gymnastic Kinesiology.
3. In chapter 2, the author will delve into the foundational concepts of Gymnastic Kinesiology. This chapter will elucidate the essential principles that need to be understood to grasp Gymnastic Kinesiology in its entirety.
4. In chapter 3, the author will examine the practical applications of Gymnastic Kinesiology in daily life. The third chapter will showcase real-world examples of how Gymnastic Kinesiology can be effectively utilized in everyday scenarios.
5. In chapter 4, the author will scrutinize the relevance of Gymnastic Kinesiology in specific contexts. This chapter will explore how Gymnastic Kinesiology is applied in specialized fields, such as education, business, and technology.
6. In chapter 5, the author will draw a conclusion about Gymnastic Kinesiology. This chapter will summarize the key points that have been discussed throughout the book.

The book is crafted in an easy-to-understand language and is complemented by engaging illustrations. This book is highly recommended for anyone seeking to gain a comprehensive understanding of Gymnastic Kinesiology.

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