



The Science of a Triple Axel (21st Century Skills Library: Full-Speed Sports)

By Ellen Labrecque

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This book discusses the science behind various elements of ice-skating, particularly a triple axel. The chapters examine case studies of famous sports moments, explain how the athletes perform these actions, and document the history of how scientists, doctors, and coaches have been working to make these sports safer. Sidebars include thought-provoking trivia. Questions in the backmatter ask for text-dependent analysis. A timeline provides history, key developments, and advancements associated with the sport.

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Editorial Review

From School Library Journal

Gr 4-7-Each book in this series details a key move or technique in order to highlight the scientific forces at work. For example, Cutback describes how in order to ride a wave, a surfer must master the opposing forces of gravity and buoyancy. Each book also outlines the history of its sport, including great athletes and their accomplishments. Key terms are highlighted and defined, and "Go Deeper!" boxes proffer thought-provoking ideas and questions. Visuals, too, are strong. Flip Turn presents a step-by-step diagram and a color photo to demonstrate how this move used in swim races has similarities with its counterparts in gymnastics and dance. VERDICT A winning combination of sports and science.©(c) Copyright 2011. Library Journals LLC, a wholly owned subsidiary of Media Source, Inc. No redistribution permitted.

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