

Sports Science



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Dive headfirst into the science behind sports----and come up a winner* Have you ever wondered if there's a secret to stopping a soccer ball, why ice skates have metal blades, or how a boat can sail into the wind? * Would you like to learn to balance like a gymnast, how to improve your free-throw ability, or how to swim like a shark? * Are you looking for exciting ideas for your next science fair project?If you answered "Yes" to any of these questions, then Sports Science is for youFrom basketball to biking to snowboarding and more, you'll discover the science behind all your favorite sports. Dozens of fun-filled activities help you see for yourself how a batter can hit a 90-mile-an-hour pitch, why a "spiral" is the best way to throw a football, how the surface of a ball affects its bounce, and much, much more. All of the projects are safe and easy to do, and all you need is everyday stuff from around the house. So take the plunge and get ready for Sports Science fun

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