



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

Tamra B. Orr

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This book discusses the science behind various elements of swimming, particularly a flip turn. 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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