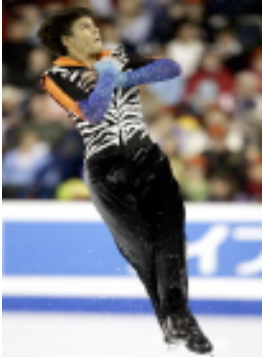


The Biomechanics of Figure Skating



Though regarded as equal parts sport and art, skating can be viewed from a scientific perspective as well; for example, how do the laws of physics apply to rotation, axis and velocity? See this study in the *Canadian Journal of Applied Physiology* or read about Alexander Mishin's work in biomechanics.

<http://weblogs.elearning.ubc.ca/googlescholar/archives/024436.html>

Put simply, sports biomechanics is the science of optimizing sport technique. Through video footage analysis, coaches will often compare and contrast an athlete's technique (or form) with others. In figure skating, the ongoing goal is to improve or correct an athlete's technique, and prevent injuries as a result of faulty foot and/ or body alignment. As such, biomechanics is linked to anthropometry and evidence-based sports medicine.

For more information, see this keyword search in *PubMed*, or plain, old *Google*; for more peer-reviewed research, try: *Google Scholar* as well as *Scirus*. For a systematic view of this topic, try the UBC Library's *Human Kinetics Guide*.