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 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.