

Contents

Foreword by Ivan Čuk	i
Foreword by Hardy Fink	iv
Preface	vii
1 Gymnastics challenges – a view from 50 years of coaching and teaching - Keith Russell	1
2 The group in rhythmic gymnastics - Márcia Regina Aversani Lourenço & Ieda Parra Barbosa Rinaldi	19
3 Profile, motivations, and the challenges of artistic gymnastics coaches in Brazil - Myrian Nunomura & Mauricio Santos Oliveira	41
4 Contributions of sport psychology to competitive gymnastics - Thomas Heinen, Pia M. Vinken & Konstantinos Velentzas	65
5 The content of rhythmic gymnastics routines Lurdes Ávila-Carvalho, Catarina Leandro & Eunice Lebre	81
6 Qualitative video analysis as a pedagogical tool in artistic gymnastics - Marco Antonio Coelho Bortoleto & César Jose Duarte Peixoto	99
7 Gymnastics: a game of rules - Jean-François Robin	117
8 Portraits of high performance rhythmic gymnastics in Brazil - analysis and proposals - Eliana de Toledo & Kizzy Fernandes Antualpa	137
9 Gymnastics coaching and science: biomechanics perspectives - Gareth Irwin, Geneviève K. R. Williams & David G. Kerwin	163
10 Reflections on planning and control of sport training in rhythmic gymnastics. - Mélix I. Avilés, Yolaini Govea Díaz & Nelly Ochoa Borrás	177
11 Psychological aspects in the sport preparation of brazilian female gymnasts participating in the Olympic Games: the gymnasts' view - Laurita Marconi Schiavon	195
Author's biographies (in alphabetical order)	225