

# Contents

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