

REFERENCES AND SUGGESTED READING

- Adrian, M. J., and J. M. Cooper (1994) *Biomechanics of Human Movement* (2nd ed.). Dubuque, IA: William C. Brown.
- Alter, M. J. (1996) *Science of Flexibility*. Champaign, IL: Human Kinetics.
- Basmajian, J. V., and C. J. De Luca (1985) *Muscles Alive: Their Functions Revealed by Electromyography* (5th ed.). Baltimore: Williams & Wilkins.
- Bunn, J. (1955) *Scientific Principles of Coaching*. Englewood Cliffs, NJ: Prentice Hall.
- Carr, G. A. (1997) *Mechanics of Sport: A Practitioner's Guide*. Champaign, IL: Human Kinetics.
- Dyson, G. H. (1970) *The Mechanics of Athletics* (5th ed.). London: University of London Press.
- George, G. S. (1980) *Biomechanics of Women's Gymnastics*. Englewood Cliffs, NJ: Prentice Hall.
- Hall, S. J. (2003) *Basic Biomechanics* (4th ed.). New York: McGraw-Hill.
- Hamill, J., and K. M. Knutzen (1995) *Biomechanical Basis of Human Movement*. Baltimore: Williams & Wilkins.
- Hamilton, N., and K. Luttgens (2002) *Kinesiology: Scientific Basis of Human Motion* (10th ed.). New York: McGraw-Hill.
- Hay, J. G. (1993) *The Biomechanics of Sports Techniques* (4th ed.). Englewood Cliffs, NJ: Prentice Hall.
- Hennessey, J. T. (1969) *The Trampoline As I See It* (2nd ed.). Lafayette, LA: International Publications.
- Hennessey, J. T. (2007) *A Successful Guidebook of Twisting Single and Multiple Somersaults*. <http://www.trampoline-usa.com>.
- Knudson, D. V., and C. S. Morrison (1997) *Qualitative Analysis of Human Movement*. Champaign, IL: Human Kinetics.
- Kreighbaum, E., and K. M. Barthels (1996) *Biomechanics: A Qualitative Approach for Studying Human Movement* (4th ed.). Needham Heights / Boston: Allyn & Bacon.
- McGinnis, P. M. (1999) *Biomechanics of Sport and Exercise*. Champaign, IL: Human Kinetics.
- Miller, D. I. (2000) *Biomechanics of Competitive Diving*. Indianapolis, IN: U. S. Diving Publications.
- Plagenhoef, S. (1971) *Patterns of Human Motion: A Cinematographic Analysis*. Englewood Cliffs, NJ: Prentice Hall.
- Salmela, J. H., ed. (1976) *The Advanced Study of Gymnastics*. Springfield, IL: Charles C. Thomas.