



The Science Behind Track and Field (Science of the Summer Olympics)

Lisa J. Amstutz

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Behind every long stride, high-flying pole vault, and perfectly controlled discus throw, science is at work. As a high jumper takes off, potential energy is converted into kinetic energy. A discus thrower builds up momentum while spinning. Find out how science is involved in Olympic track and field events and how athletes take science into account in their quest for the gold medal.

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