Additional Resources

* The United States Figure Skating Association's production and sponsorship of this program does not imply approval or endorsement of these resources. These publications and websites are provided as a resource for you.

**Biomechanics**


Arnold, King, Smith (1994). Figure skaters jump with revolutionary force. *Skating Magazine*, September, 1, 14-18.


**Musculo-Skeletal**

Web Site: www.acsm.org

How to find a certified Pilates instructor near you: www.pilates-studio.com


Recommended Pilates books: The Pilates Body by Brooke Siler and The Pilates Method of Body Conditioning by Sean Gallagher


Taimela S. Kankaanpaa M. Luoto S. The effect of lumbar fatigue on the ability to sense a change in lumbar position - a controlled study. Spine 1998:


**Strength**

Websites: www.nsca-lift.org
www.amazon.com
www.sportspecific.com
www.humankinetics.com


Jumping into Plyometrics: (Donald Chu, Leisure Press Publisher, 1992).
**Physiology**


**Nutrition**


Psychology

Website: aaasponline.org [Association for the Advancement of Applied Sports Psychology]

High Performance Thinking for Business, Sports and life, Gayle A. Davis, Ph.D

In Pursuit of Excellence (2nd Edition) by Terry Orlick Skate Your Personal Best by Sandra Foster and Tracy Prussack
Web Sites

ACA Sports Council - acasc.org

Aerobics and Fitness Association of America - afaa.com

Amateur Athletic Union - aausports.org

American Academy of Family Practice - AAFP.org

American Academy of Orthopedic Surgeons - AAOS.org

American Alliance for health, Physical Education, Recreation and Dance - aahperd.com

American Chiropractic Association - amerchiro.org

American College of Sports Medicine - ACSM.org

American Council on Exercise - acefitness.org

American Dietetic Association - eatright.com

American Fitness Professionals and associates - astafitness.com

American Society of Exercise Physiologists - vacumed.com/links.htm

American Sports Education - ASEP.com

American Sports Education Institute/Booster Club of America - sportlink.com

Athletic woman's survival guide - sportsdoctor.com

Canadian Association for Health, Physical Education, Recreation and Dance - activeliving.canperd/index.html

ECA Fitness - ecaworldfitness.com

Exercise and Sport Research Institute - gssiweb.com

International Association for Fitness Professionals - ideafit.com

International Health, Racquet and sports club association - ihrs.org

International Institute for Sport and Human Performance - http://darkwing.uoregon.edu/~micropub