

Books

Run for Your Life, Levy, Marilyn, Houghton Mifflin, 1996.

While living in a housing project in California, 13-year-old Kisha joins a track team and discovers that she can be a winner.

The Contender, Lipsyte, Robert, Harper Keypoint, 1967

After a successful start in a boxing career, a Harlem high-school dropout decides that competing in the ring isn't enough of life and resolves to aim for different goals. (Read about Houston's George Foreman.)

Boitano's Edge: Inside the Real World of Figure Skating, Boitano, Brian and Suzanne Harper. Dec., 1997. 97p. Simon & Schuster. ISBN: 0689819153, \$25.00.

What it takes to be a champion figure skater.

Venus to the Hoop: A Gold Medal Year in Women's Basketball, Corbett, Sara. Anchor, ISBN 0385493525, \$12.95

The 1996 U.S. women's basketball team goes for the gold.

In These Girls, Hope Is a Muscle, Blais, Madeleine. Atlantic Monthly, 1995.

A 1993 girls' high school basketball team goes from mediocre to winners as players improve both skills and attitudes.

Iron Man. Crutcher, Chris. Greenwillow, 1995.

While training for a triathlon, 17-year-old Bo attends an anger management group at school that leads him to examine his relationship with his father.

Danger Zone, Klass, David. Scholastic, 1996.

A white, unknown high school basketball player from Minnesota is recruited to the U.S. team in an international tournament.

Web Sites

Shannon Miller is featured on the cover of *Gold Medal!* She was a member of the U.S. Gymnastics' first ever Gold Medal Olympic Team in 1996. Her total Olympic medal count is two gold, two silver, and three bronze.

<http://www.usa-gymnastics.org/athletes/bios/m/smiller.html>

The nonmedical use of anabolic/androgenic steroids among adolescents and young adults is of growing concern. As many as half a million Americans under age 18 may be abusing these drugs to improve athletic performance, appearance, and self-image. Yet a growing body of evidence suggests that medically unsupervised steroids use may pose severe risks to physical and psychological health.

<http://www.health.org/pubs/nidarr/index.htm>

For other sites, see Event-Based Science Web site

<http://www.eventbasedscience.com>

National Science Content Standards

Content Area	Standards
Life Science	A1, A2, A4, A5, A6
Science in Personal & Social Perspectives	A1, A5, E3, E4, E5
History and Nature of Science	A1, A2, B3

Materials

Activity	Material	Amount
A Visible Means of Sport		
Boning Up on Muscles	"Mr. Bones" skeleton diagram	1 per pair
	Meter stick	1 per pair
	Scissors	1 per pair
	Glue	1 per pair
	Clear tape	per pair
	Chart paper (at least 60cm x 90cm)	1 per pair
	Resource books	per class
Winging It	Resource books	per class
	Sketch paper (a few sheets)	per pair
	Raw chicken wing (in a resealable plastic bag)	1 per pair
	Dissecting scissors	1 per pair
	Dissection tray	1 per pair
	Forceps	1 per pair

Gold Medal!

To return to the lesson, select Exit
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	Dissecting needle	1 per pair
	Apron	1 per student
	Paper towels	per pair
	Goggles	1 per student
	Pliers	1 per pair
	Magnifying lens	1 per pair
	Soap and water	per class
The Couch-Potato Olympics	Clothespin (pinch-type)	1 per pair
	Rubber ball or handgrip exercise device	1 per pair
	2-liter bottle	1 per pair
	Rope (2 meters)	1 per pair
	Tape (masking)	per pair
	Stopwatch	1 per pair
The Grabber	Distance/Time Data Sheet	1 per student

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