
CSC: Research Problem Finalization Assignment

Embodied Cognition and its Relation to Artistic Expression in Gymnastics and in Other Athletic Activities

I am studying embodied cognition and its significance in the various types of artistic expression in gymnastics and in other athletic activities, **because I want to find out how** these athletes integrate mental and emotional fitness with physical fitness in an effort to hold extreme focus and achieve impressive feats of agility, coordination, balance, flexibility, creativity, strength, and endurance **in order to help my reader better understand** the internal mental processes and external environmental factors that pertain to embodiment and athletic performance, as well as the benefits of maintaining a determined, yet calm and positive attitude in preparation for competition.