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Dance Anatomy and Kinesiology (Hardback)

By Karen Clippinger

Human Kinetics Publishers, United States, 2016. Hardback. Book Condition: New. 2nd. 287 x 221 mm. Language: English . Brand New Book. Karen Clippinger's first edition of Dance Anatomy and Kinesiology was hailed as the definitive text on the topic. This new edition builds on that success by retaining its scientific perspective while making the material more accessible to students and teachers. What's New? - A suite of online instructor and student ancillaries to support the text - An improved organization that will help teachers better cover the content in their courses - A reduction of the scientific depth to produce a more reader-friendly book that focuses on the musculoskeletal anatomy and kinesiology that dancers need to know - Graphics, photos, and anatomical illustrations that demonstrate muscle movements and technique considerations and set the book apart from others in its field Primary Focus While much is new in this second edition, Clippinger retains her emphasis on presenting the anatomical and kinesiological material that is essential for dancers to understand. The text includes descriptions of joint structure, key muscles, common alignment problems, select joint mechanics, and movement analysis and includes sample strength and flexibility exercises for each region of the...



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