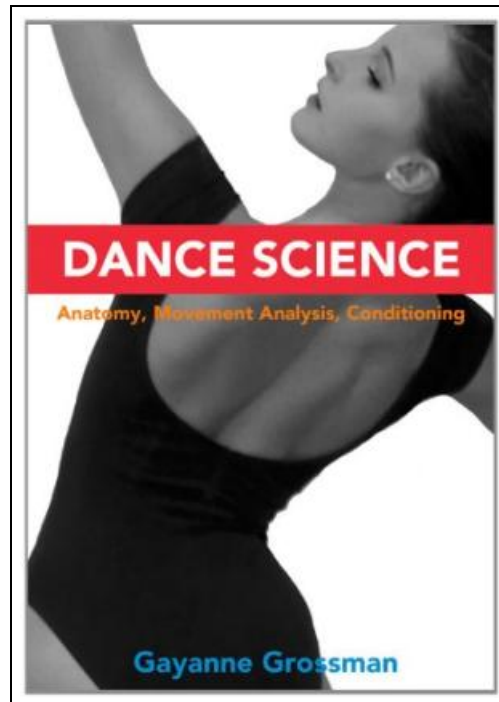


Dance Science: Anatomy, Movement Analysis, and Conditioning (Paperback)



Filesize: 6.75 MB

Reviews

An extremely great ebook with perfect and lucid answers. This is certainly for anyone who states that there was not a well worth looking at. Its been designed in an exceptionally simple way and is particularly only soon after i finished reading through this ebook in which actually transformed me, modify the way in my opinion.

(Libbie Farrell)

DANCE SCIENCE: ANATOMY, MOVEMENT ANALYSIS, AND CONDITIONING (PAPERBACK)



Princeton Book Company, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book. Rather than focusing on dance injuries, this book takes a positive approach showing what a dancer can do to dance better, which, in turn, will decrease injury rates. It presents human anatomy and motion in a functional, dance-specific way that teaches the readers to appreciate and take ownership of their bodies through a tour of the musculoskeletal system and movement analysis. The book is divided into three parts. Part one, Anatomy, describes the specific characteristics that affect motion at each individual joint, demonstrated by a variety of hands-on activities for readers to perform. Part two, Movement Analysis, discusses muscles that produce movement and introduces readers to a system of movement analysis. Part three, Conditioning, provides a practical, integrative approach to exercise for enhanced performance. The written material is accompanied by anatomical line drawings commissioned for the book, photographs, and an assortment of experiential activities specifically designed for dancers.



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