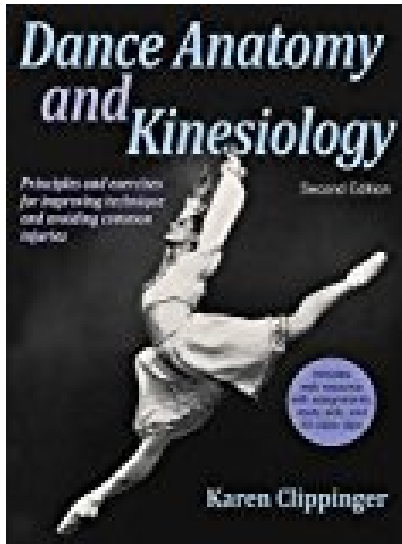


Dance Anatomy and Kinesiology-2nd Edition With Web Resource



BOOK DETAILS

- Author : Karen Clippinger
- Pages : 416 Pages
- Publisher : Human Kinetics
- Language : English
- ISBN : 1450469280

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BOOK SYNOPSIS

With an integrated text and video combination, *Dance Anatomy and Kinesiology, 2nd Edition (Enhanced Version)*, provides 20 video clips to provide visual aids for selected tests, alignment identification, conditioning exercises, and technique considerations. The new second edition of *Dance Anatomy and Kinesiology* builds on the success of the first edition 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 body. Accessible to a Wider Audience Clippinger has made this second edition more engaging to a wider audience and narrowed the scope of the material so it can be more readily covered in a single undergraduate course. And while many of the text examples are dance-specific, its applied nature and its many illustrations make it a great reference for Pilates, yoga, and fitness instructors as well as dance educators and dedicated dancers. This new edition will give teachers a clearer picture of the anatomical and kinesiological factors that aid in generating technique cues and identifying technique problems. It will provide dancers with a better understanding of overcoming technique challenges and preventing injuries. With a solid grounding in the sciences, along with the art and accessible text, the enhanced version of *Dance Anatomy and Kinesiology, 2nd Edition* will help teachers become more effective and empower dancers to realize their potential and artistic vision.

DANCE ANATOMY AND KINESIOLOGY-2ND EDITION WITH WEB

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