

Dance Science: Anatomy, Movement Analysis, Conditioning (Hardback)

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Reviews

Most of these ebook is the perfect publication offered. Sure, it really is play, still an interesting and amazing literature. You wont truly feel monotony at whenever you want of your time (that's what catalogs are for about in the event you check with me). (Roosevelt Rohan)

DANCE SCIENCE: ANATOMY, MOVEMENT ANALYSIS, CONDITIONING (HARDBACK)



Princeton Book Company, 2015. Hardback. Condition: New. Language: English . Brand New Book. Winner of: Certificate of Merit, Association of Medical Illustrators 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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