

Human Movement

An Introductory Text

Building on its reputation as the essential text for those studying human movement, the 5th edition of Human Movement retains the straight-talking style which has become popular with its readers. The authors cover the anatomical, physical and biomechanical basis for understanding human movement in everyday contexts with easy-to-follow text that is both detailed and well referenced. Basic concepts and different approaches are covered in earlier chapters and their application to regions of the body are covered in later chapters. Each chapter has been updated, new contributors introduced and new research integrated where appropriate. More case studies, textboxes and examples have been included relating biomechanic principles to the movement and function of human beings in their daily lives and environment. Those involved in the study of human movement will find this an ideal introduction to the study of human movement and an excellent reference encouraging and directing further study.



Auf Anfrage

Nicht mehr lieferbar

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