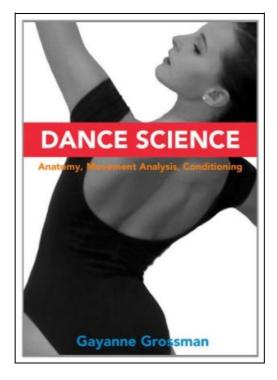
Dance Science: Anatomy, Movement Analysis, Conditioning (Hardback)



Filesize: 8.07 MB

Reviews

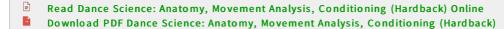
The book is fantastic and great. It normally will not cost an excessive amount of. I am just easily could possibly get a satisfaction of reading a published ebook.

(Edgar Witting)

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.



Other Kindle Books



Preventing Childhood Eating Problems : A Practical, Positive Approach to Raising Kids Free of Food and Weight Conflicts

Book Condition: Brand New. Book Condition: Brand New.

Read eBook »



A Smarter Way to Learn JavaScript: The New Approach That Uses Technology to Cut Your Effort in Half

Createspace, United States, 2014. Paperback. Book Condition: New. 251 x 178 mm. Language: English . Brand New Book ***** Print on Demand *****. The ultimate learn-by-doing approach Written for beginners, useful for experienced developers who want to...

Read eBook »



Children's Educational Book: Junior Leonardo Da Vinci: An Introduction to the Art, Science and Inventions of This Great Genius. Age 7 8 9 10 Year-Olds. [Us English]

Createspace, United States, 2013. Paperback. Book Condition: New. 254 x 178 mm. Language: English . Brand New Book ***** Print on Demand *****.ABOUT SMART READS for Kids . Love Art, Love Learning Welcome. Designed to...

Read eBook »



Children's Educational Book Junior Leonardo Da Vinci: An Introduction to the Art, Science and Inventions of This Great Genius Age 7 8 9 10 Year-Olds. [British English]

 $Createspace, United States, 2013. \ Paperback. \ Book Condition: \ New. \ 248 \times 170 \ mm. \ Language: English \ . \ Brand \ New Book ***** Print on Demand ******. ABOUT SMART READS for Kids . Love Art, Love Learning Welcome. Designed to...$

Read eBook »



Some of My Best Friends Are Books: Guiding Gifted Readers from Preschool to High School

Book Condition: Brand New. Book Condition: Brand New.

Read eBook »



Mass Media Law: The Printing Press to the Internet

Peter Lang Publishing Inc, United States, 2013. Paperback. Book Condition: New. New.. 251 x 175 mm. Language: English . Brand New Book. Digital media law is now the dynamic legal territory. Mass Media Law: The Read e Pub »



A Parent's Guide to STEM

U.S. News World Report, United States, 2015. Paperback. Book Condition: New. 214 x 149 mm. Language: English . Brand New Book ***** Print on Demand *****. This lively, colorful guidebook provides everything you need to know Read e Pub »



The Top 10 Ways to Ruin the First Day of School: Ten-Year Anniversary Edition

Illusion Publishing, 2014. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: Special Ten-Year Anniversary Edition! Over 124,000 copies in print! Originally published as The Top 10 Ways to Ruin Read e Pub »



THE Key to My Children Series: Evan s Eyebrows Say Yes

AUTHORHOUSE, United States, 2006. Paperback. Book Condition: New. 274 x 216 mm. Language: English . Brand New Book
***** Print on Demand ******.THE KEYTO MY CHILDREN SERIES: EVAN S EYEBROWS SAYYES is about
Read e Pub »



Bully, the Bullied, and the Not-So Innocent Bystander: From Preschool to High School and Beyond: Breaking the Cycle of Violence and Creating More Deeply Caring Communities

HarperCollins Publishers Inc, United States, 2016. Paperback. Book Condition: New. Reprint. 203 x 135 mm. Language: English. Brand New Book. An international bestseller, Barbara Coloroso s groundbreaking and trusted guide on bullying-including cyberbullying-arms parents

Read ePub »