



Dynatomy with Web Resource: Dynamic Human Anatomy (Paperback)

By Dr William Whiting, Stuart Rugg

Human Kinetics Publishers, United States, 2015. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book. Dynatomy: Dynamic Human Anatomy With Web Resource brings to life the wonders of human movement and applied anatomy. The book is for students of human performance who have completed an introductory human anatomy course and need a strong text in functional anatomy. The entertaining and easy-to-understand text considers fundamental movements--including posture, walking, running, jumping, throwing, kicking, and lifting--together with selected exercise and sport movements. The emphasis of Dynatomy is on dynamic muscular motions rather than structural anatomy. Students benefit from a discussion of simple and complex human movements combined with an analysis of the muscles in motion. The text also introduces the muscle control formula and explains how students can use it to identify the ways in which muscles contract during various examples of human movement. Part I presents an overview of the anatomical foundations of movement and the essential requirements for movement control. Part II examines dynamic movements and basic mechanics, muscular function, fundamental movements, and specialized movements. The book is packed with features that will deepen students appreciation of human movement: - A 5-month online subscription to Interactive...



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