Features:

- **Complete atlas of bones, bony landmarks, and joints** includes hundreds of full-color illustrations, providing comprehensive coverage of bones not found in other kinesiology books.
- **Clear, straightforward explanations of kinesiology concepts** cover muscle contraction(s), coordination of muscles with movement, core stabilization, posture, exercise, reflexes, and how the nervous system controls and directs the muscular system.
- **Coverage of strengthening exercises and stretching** emphasizes the purposes and benefits of stretching and how to perform various stretching techniques.
- **Information on posture and the gait cycle** includes illustrations of all of the muscles of the human body organized by function.
- **Clinical applications** challenge students to apply kinesiology concepts to clinical practice.
- **Light-bulb and *Spotlight* boxes** discuss applications of the content, including pathologic conditions and clinical scenarios.
- **Learning objectives** at the start of each chapter include a chapter outline, overview, key terms and pronunciations, and word origins.

New To This Edition:

- **NEW! Expanded coverage of fascia** includes new perspectives from all-new contributors, including the role of fascia in movement, stability, and posture.

Περιεχόμενα: