

### 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:

#### Part I: Fundamentals of Structure and Motion of the Human Body

1. Parts of the Human Body
2. Mapping the Human Body

#### PART II: Skeletal Osteology: Study of the Bones

3. Skeletal Tissues
4. Fascia
5. Bones of the Human Body

#### PART III: Skeletal Arthrology: Study of the Joints

6. Joint Action Terminology
7. Classification of Joints
8. Joints of the Axial Body
9. Joints of the Lower Extremity
10. Joints of the Upper Extremity

#### PART IV: Myology: Study of the Muscular System

11. Attachments and Actions of Muscles
12. Anatomy and Physiology of Muscle Tissue
13. How Muscles Function - The Big Picture
14. Types of Muscle Contractions
15. Roles of Muscles
16. Types of Joint Motion and Musculoskeletal Assessment
17. Determining the Force of a Muscle Contraction
18. Biomechanics
19. The Neuromuscular System
20. Posture and the Gait Cycle
21. Common Postural Distortion Patterns
22. Stretching
23. Principles of Strengthening Exercise

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