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## Textbook of Kinesiology (Paperback)

By VD Bindal

Jaypee Brothers Medical Publishers, India, 2018. Paperback. Condition: New. Language: English. Brand new Book. Kinesiology is the study of human and nonhuman animal-body movements, performance, and function by applying the sciences of biomechanics, anatomy, physiology, psychology, and neuroscience. This book is a guide to human kinesiology for physiotherapists. Divided into three sections, the text begins with an introduction to the field, anatomical and physiological fundamentals of human motion, and biomechanics. The following section covers joint and muscle movement in different regions of the body, from shoulder, elbow, hand and wrist, to pelvis, hip, knee, ankle and foot, and spine. The final chapters discuss posture and movement and the application of kinesiology to daily life activities, sports skills and prevention of sports injuries. The comprehensive text is further enhanced by clinical photographs, illustrations and tables. Key points: Comprehensive guide to human kinesiology for physiotherapists; Provides clear understanding of anatomy, physiology and biomechanics; Covers joint and muscle movement in all regions of the body; Discusses application of kinesiology to daily life activities, sports and prevention of injuries.



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