

Kinesiology for Dummies (Paperback)

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Reviews

Basically no words to clarify. Of course, it is perform, still an amazing and interesting literature. Its been printed in an exceptionally basic way which is only soon after i finished reading through this ebook where actually altered me, change the way i really believe. (Newton Runolfsson)

KINESIOLOGY FOR DUMMIES (PAPERBACK)



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John Wiley Sons Inc, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book. Move at your own pace with this kinesiology course guide A required course for majors pursuing sports medicine, exercise science, nursing, or sports therapy degrees, kinesiology is central to a variety of fields. Kinesiology For Dummies tracks an introductory course in the science and imparts the basics of human body movement. With this resource, you will learn how physical activity can alleviate chronic illnesses and disabilities, what factors contribute to musculoskeletal injury, and how to reverse those influences. Complete with a 16-page color insert of medical instructions, this book covers the basics of exercise physiology, exercise and health psychology, introductory biomechanics, motor control, history and philosophy of sport and exercise, and mind-body connections. * Written by experts in exercise science * Addresses a timely subject as exercise science careers and majors are increasingly popular * Runs parallel to a kinesiology course with accessible, concise language Interested learners, kinesiology students, and health or sports therapy professionals will benefit from this refresher course in the basics.

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