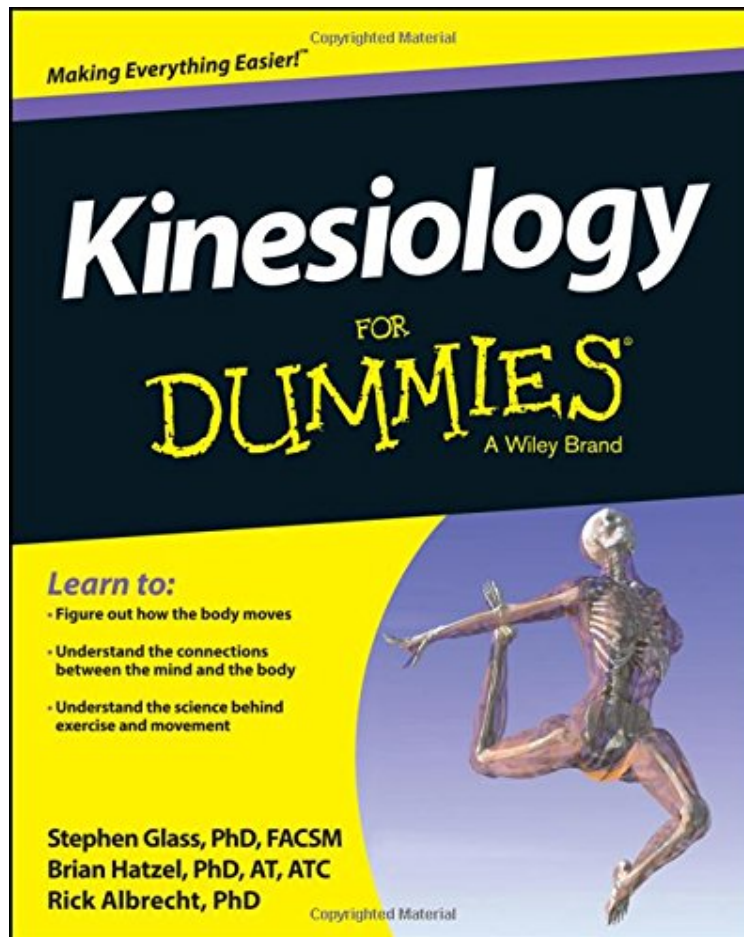


# Kinesiology For Dummies

Steve Glass, Brian Hatzel, Rick Albrecht  
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#42067 in Books imusti 2014-03-24Original language:EnglishPDF # 1 9.30 x .80 x 7.40l, #File Name: 1118549236384 pagesFor Dummies | File size: 69.Mb

**Steve Glass, Brian Hatzel, Rick Albrecht : Kinesiology For Dummies** before purchasing it in order to gage whether or not it would be worth my time, and all praised Kinesiology For Dummies:

2 of 2 people found the following review helpful. Not worth itBy John\_or\_BethThis should be named "kinesiology you still won't understand after you read what is confusing you"Purchased this book hoping it would have topics to help me teach it since I haven't been in the class for a long time. Went to it for something simple and it doesn't even mention the topic. I understand there is a lot to kinesiology but I understood thsee books were supposed to help you understand difficult subjects in lamens terms and it has such a little bit of info that I'm not sure how someone who has no clue is supposed to get a better understanding on the subject.2 of 2 people found the following review helpful. Lot of general talk, not much as far as ...By free spiritLot of general talk, not much as far as exercises,and hands on, which is what I was looking for. Wanted to use for my students. This definitely wasn't what you would expect0 of 0 people found the following review helpful. Five StarsBy GailAs expected. Thanks.

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.

From the Back Cover: Learn to: Figure out how the body moves. Understand the connections between the mind and the body. Understand the science behind exercise and movement. Your guide to the body's constant state of movement. You use your body every day, but do you really know how it works? *Kinesiology For Dummies* helps you discover the science of movement, a crucial area of knowledge for professionals and students in healthcare-related fields. Written by experts in exercise science, this hands-on, friendly guide shows you how the connections between the mind and the body are so important to how we do just about everything. Brains and brawn find out about motor control, exercise metabolism, the role of the cardiovascular system, and how we adapt to our environment. Biomechanics are key to discover the basics of human movement, how bones and joints come into play, what all those muscles are for, and how to analyze motion. The mind-body connection: gain an understanding of how the mind and body connect to perform physical exercise. Get to work: put your knowledge to use by tweaking your exercise program, acing your next exam, or applying that new knowledge to your career. Open the book and find: An introduction to the science of movement. How the brain provides motor control. How we adapt to our environment. The way we move and the reasons behind it. Details on the functions of bones and joints. How to analyze the way you move. How mind-body connections relate to exercise. Ten career choices for aspiring kinesiologists. About the Author: Dr. Steve Glass is a Professor in the Department of Movement Science at Grand Valley State University. Dr. Brian Hatzel is an Associate Professor and Department Chair in Movement Science at Grand Valley State University. Dr. Rick Albrecht is a Professor and Sports Leadership Coordinator in the Department of Movement Science at Grand Valley State University.