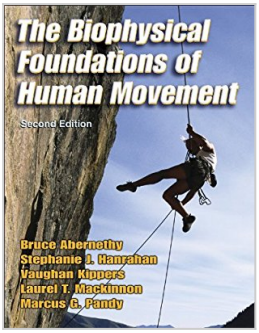

The Biophysical Foundations of Human Movement - 2nd

By Bruce Abernethy, Laurel T. Mackinnon, Vaughan Kippers, Stephanie J. Hanrahan, Marcus G. Pandy

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The Biophysical Foundations of Human Movement, Second Edition, is now fully updated with information and enhanced learning aids that increase the readability and value of the text. Like its predecessor, the new edition provides a balanced introduction to each of the major biophysical subdisciplines of kinesiology: anatomy, biomechanics, exercise physiology, motor control, and sport and exercise psychology.

This comprehensive book presents an integrated study of human movement and applies this knowledge to human performance and physical activity across the lifespan. *The Biophysical Foundations of Human Movement, Second Edition*, considers basic methods and concepts, typical research questions, key historical developments, professional training and organizations, and suggestions for further reading within each subdiscipline. The authors offer a unique perspective on the subdisciplines by exploring not only the basic science but also the changes in human movement and movement potential that occur throughout the lifespan as well in response to training, practice, and other lifestyle factors.

The second edition includes these new features:
-A completely rewritten and reorganized section on the mechanical bases of human movement

-A significantly expanded chapter on integrative perspectives with more examples of the interdisciplinary research at the forefront of the field

-Listings of the latest Web-based resources that focus on topics relevant to human movement studies

-Clear learning objectives and brief summaries in each chapter
The book provides students with an overview of the field and the many career

options available to them. It highlights key organizations, prominent individuals, and studies from around the world that have contributed to our understanding of human movement. The book also contains numerous learning aids (including suggested readings, extensive illustrations, a detailed index, and a complete glossary) that improve comprehension and make review of the material easier.

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""The book is a bargain, with a wealth of information presented in a straightforward and very readable manner. Highly recommended.""
CHOICE (review of previous edition)

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