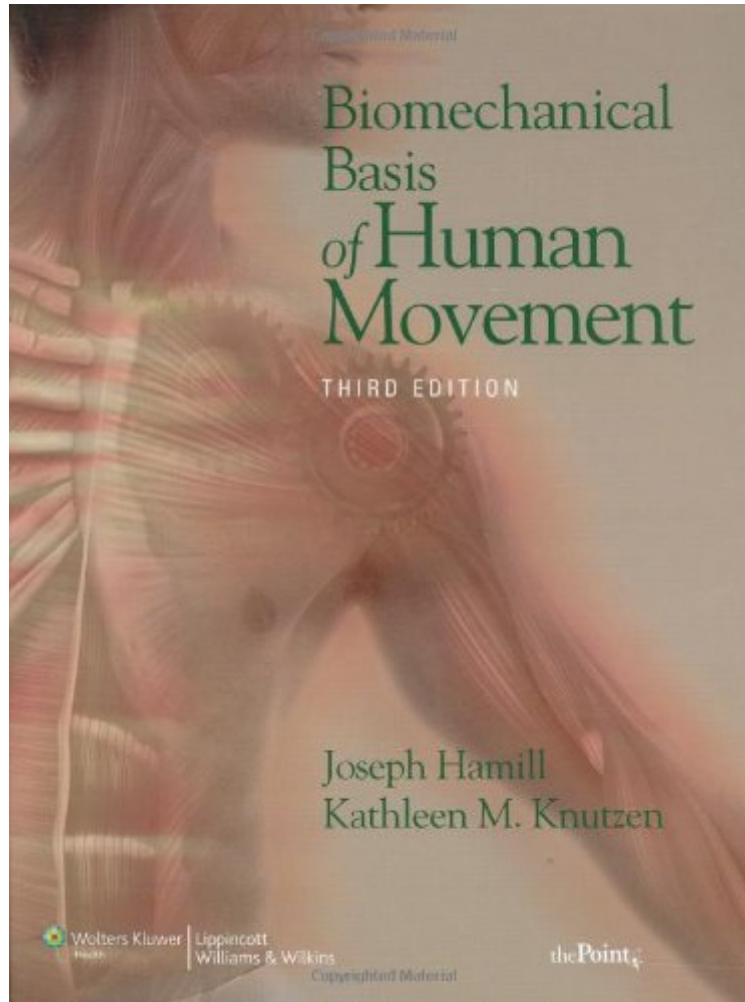


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Biomechanical Basis of Human Movement, 3rd Edition

Joseph Hamill, Kathleen M. Knutzen
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Integrating basic anatomy, physics, calculus, and physiology, this fundamental text offers you a solid introduction to the study of biomechanics. By focusing on movement patterns of muscle groups rather than individual muscles, this text provides you with a holistic understanding of human movement. Chapters are organized into three major parts: Foundations of Human Movement, Functional Anatomy, and Mechanical Analysis of Human Motion. Organized in a logical progression, each chapter begins with basic principles and math concepts and then helps you move on to more advanced concepts and applications. Features to Help You Master Biomechanics New areas of coverage include physical activity and bone formation, osteoarthritis, osteoporosis, factors influencing force and velocity development in muscle, and the effect of training on muscle activation. MaxTRAQ motion analysis software offers you an easy-to-use tool to track data and analyze various motions selected by the authors. New and updated examples from sports, ergonomics, orthopedics, and exercise science illustrate the principles of human movement. Highlight boxes draw your attention to and reinforce key concepts and applications. Review questions gauge your comprehension and help you apply the material to real-world problems. This text's quantitative approach, coupled with its many examples and hands-on exercises, enables you to understand the fundamentals of biomechanics.