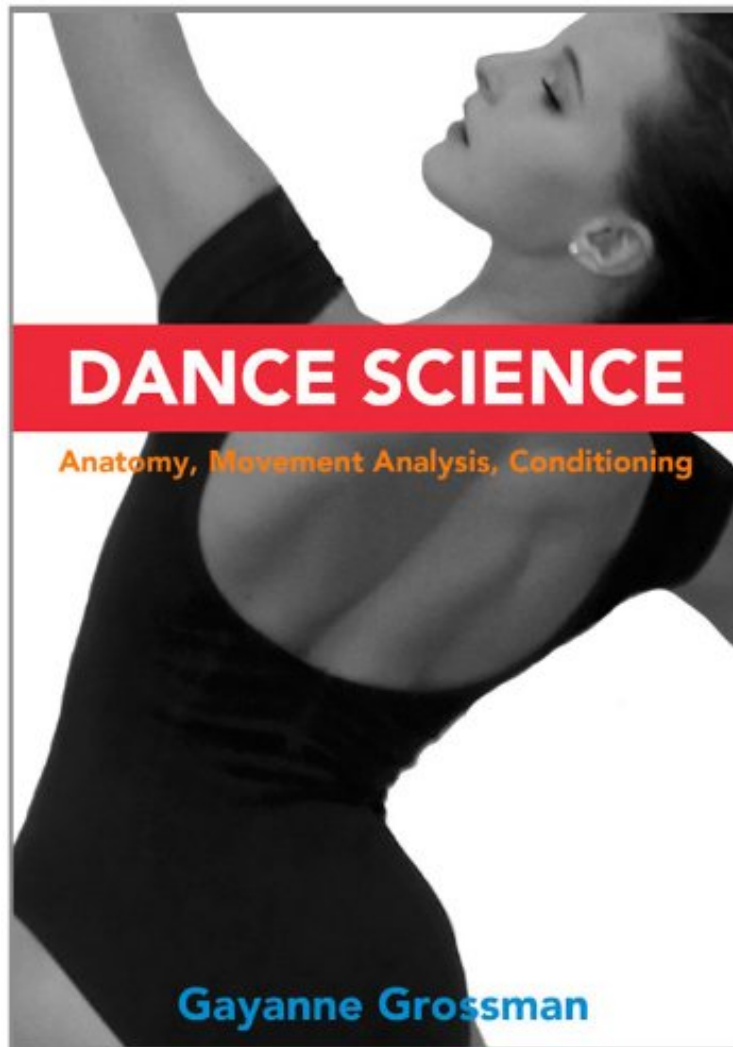


(Read ebook) Dance Science: Anatomy, Movement Analysis, and Conditioning

# Dance Science: Anatomy, Movement Analysis, and Conditioning

Gayanne Grossman

audiobook / \*ebooks / Download PDF / ePub / DOC



DOWNLOAD



READ ONLINE

#616412 in Books 2015-07-15 Original language: English PDF # 1 10.00 x .80 x 7.50l, .0 #File Name: 0871273888320 pages | File size: 69.Mb

**Gayanne Grossman : Dance Science: Anatomy, Movement Analysis, and Conditioning** before purchasing it in order to gage whether or not it would be worth my time, and all praised Dance Science: Anatomy, Movement Analysis, and Conditioning:

0 of 1 people found the following review helpful. Good for adding depth of knowledge.By nice guyBought it for my friend who is a dance pro. The author is an acquaintance. :)0 of 1 people found the following review helpful. Good addition to the libraryBy Sionan and Dana O'Neillclearly written. Good addition to the library.0 of 2 people found the following review helpful. Four StarsBy bigshoppergood price, good service.

Winner of: Certificate of Merit, Association of Medical Illustrators Rather than focusing on dance injuries, this book takes a positive approach showing what a dancer can do to dance better, which, in turn, will decrease injury rates. It presents human anatomy and motion in a functional, dance-specific way that teaches the readers to appreciate and take ownership of their bodies through a tour of the musculoskeletal system and movement analysis. The book is divided into three parts. Part one, Anatomy, describes the specific characteristics that affect motion at each individual joint, demonstrated by a variety of hands-on activities for readers to perform. Part two, Movement Analysis, discusses muscles that produce movement and introduces readers to a system of movement analysis. Part three, Conditioning, provides a practical, integrative approach to exercise for enhanced performance. The written material is accompanied by anatomical line drawings commissioned for the book, photographs, and an assortment of experiential activities specifically designed for dancers.

"Dance Science