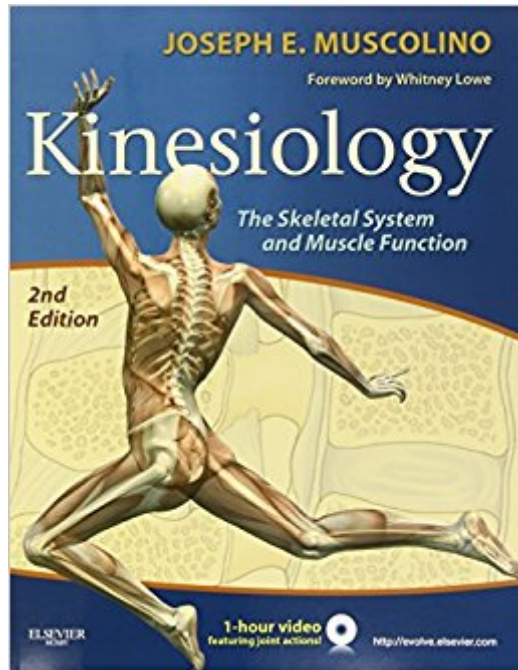




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# Kinesiology: The Skeletal System And Muscle Function, 2e



## Synopsis

See the body's bones, joints, and muscles in action! Highly visual and in full color, *Kinesiology: The Skeletal System and Muscle Function* makes it easy to understand kinesiology concepts and how they would be applied to the treatment of dysfunction. It contains over 1,200 illustrations, including a bone atlas that shows every bone in the human body and six chapters with detailed, illustrated coverage of joints. Written by noted educator and author Joseph E. Muscolino, this book clearly depicts how muscles function as movers, antagonists, and stabilizers. This edition expands its reach to athletic training with two new chapters on stretching and strengthening exercises. A companion DVD includes video clips with over 60 minutes of footage demonstrating all the major joint actions of the human body. Companion DVD includes over one hour of video demonstrating all the major joint actions of the human body, with a voiceover explanation of the names of the motions, the planes in which motion occurs, and the axes around which motion occurs. Unique! A focus on the needs of massage therapists and bodyworkers makes it easier to apply kinesiology concepts to the practice of massage therapy. Unique! A complete bone atlas includes over 100 full-color photographs showing every bone in the human body. 1,200 full-color illustrations help you understand concepts relating to the bones of the human body, joints of the human body, and muscle function parts. A logical, easy-to-reference format moves from basics (like parts of the body) to more difficult topics (such as microphysiology). Six chapters on joints cover structure, function, and terminology, with specific illustrations on each joint in the human body: joints of the axial body, joints of the upper extremity, and joints of the lower extremity. Student-friendly features in each chapter include an outline, learning objectives, overview, key terms with pronunciations, and word origins designating the Latin or Greek derivative. Clear, simple explanations make it easy to understand kinesiology concepts, including muscle contraction(s), coordination of muscles with movement, core stabilization, posture, exercise, reflexes, and how the nervous system controls and directs the muscular system. Expert author Joseph E. Muscolino, DC, offers years of experience in the study of muscles and muscle function, as well as bodywork and massage, and conveys that information in an understandable format. More illustrations of individual muscles are included, with a description of their actions and attachments; muscles are now organized by function rather than by region. Expanded fascia and anatomy trains concepts section includes new illustrations and explanation of the different types of fascia, the structure and function of the fascial web, and how fascia reacts to physical stress. New Strengthening Exercises chapter covers the basics of strengthening, especially useful for athletic training. New Stretching chapter includes illustrations and information on the purpose and benefit of stretching and how to perform various stretching

techniques. Updated Posture and the Gait Cycle chapter more clearly explains and demonstrates concepts. Video icons in the book indicate when content is supported by videos on the companion DVD. Updated! Student resources on the companion Evolve website help you review for kinesiology quizzes, tests, and exams with bone and bony landmark identification exercises, crossword puzzles, drag-and-drop labeling exercises, radiographs, a comprehensive glossary of terms from the book, and answers to chapter review questions.

## Book Information

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## Customer Reviews

Kinesithérapeute, cadre de sante 5CDS), docteur es sciences en biomecanique (PhD university of Strathclyde, Ecosse). Enseignant a l'ENKRE Saint-Maurice, l'IFMK d'Assas et l'IFPP Danhier Paris

I've looked at quite a few K. books, as well as anatomy & physiology textbooks. I pretty much use text books as references when designing workouts and troubleshooting. This is a great book, its strength is the excellent information organization. Good overview of systems and logical progression of details. I first got this book from the library, and decided very quickly that I wanted to own it. I have no issue with a 6+ year old text book for \$2 + shipping. No need to pay full price for content that doesn't drastically change with time, the text book industry is more or less a racket, always coming up with new editions to keep the students broke while making a profit on basically rehashed material. Really! there are no new parts in the body.

This was a very detailed and well-organized book. Each chapter begins with a chapter outline and objective, as well key terms (these are incredibly helpful when reviewing the chapter and creating study guides). There are multiple diagrams in each chapter that are clearly labeled, and detailed definitions. All of the information in the chapter is given in bullet points, which I found incredibly helpful and easy to read. There are also review questions at the end of each chapter. This is an amazing resource for anyone in the science or medical field needing to know kinesiology.

An excellent text on kinesiology. Muscolino, however, has a non-standard approach to agonist-antagonist. His definitions and descriptions make good sense of these terms, but it may confuse students when every other author uses the traditional definitions. Otherwise, the book is well-illustrated and the text clearly presents every concept point-by-point.

Purchased this book to assist with the personal training certification since kinesiology is the area I was lacking knowledge. I am currently about half way through and know it is very beneficial. Very well written with good examples so the concepts are easy to grasp and retain. Money well spent.

This was great the book was in an excellent condition no marks no dog ears the cover was still intact even though it was paperback it was great will order again

This is an outstanding book as are all of the authors works. Great color, quality book, god price, I got a new copy from a 3rd party seeler with the nice DVD for under 40\$, well worth it, even if I paid more.

Awesome book. It was very hard finding a good book on kinesiology and anatomy that was detailed and made sense. I wish had this for my cscs exam. Life would of been a lot better!

I'm using this book for school, but I'm glad I bought the electronic version, because I will definitely refer to this book for future reference. I paticularly like the feature that I can sync this book between several devices and pick up on one device where I left off on the other.

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