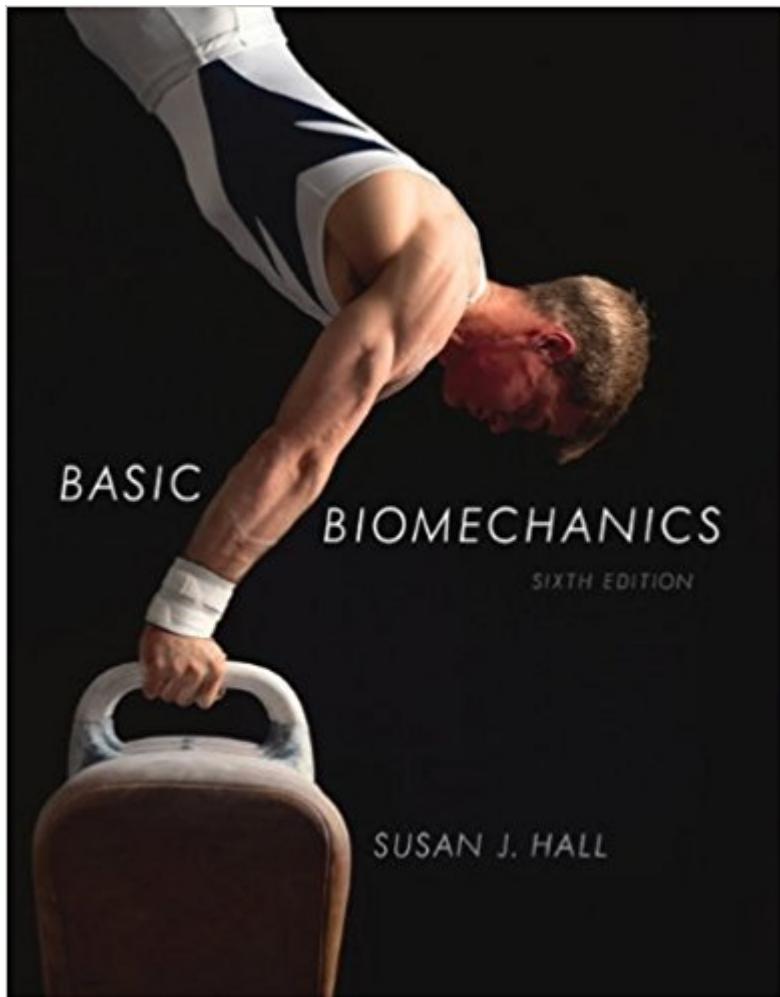


The book was found

Basic Biomechanics



Synopsis

Basic Biomechanics provides balanced coverage of anatomical structure, biomechanics, and applications, as recommended by the Biomechanics Academy of AAHPERD. Numerous applications from sport, ergonomics, and daily living-both qualitative and quantitative- help demonstrate the relevance of biomechanical principles beyond elite sports performance and into everyday life. The quantitative aspects of biomechanics are presented in a manageable, progressive fashion, and a mathematics appendix helps make the material accessible to all students, regardless of mathematical skill level.

Book Information

Paperback: 560 pages

Publisher: McGraw-Hill Humanities/Social Sciences/Languages; 6 edition (June 22, 2011)

Language: English

ISBN-10: 0073376442

ISBN-13: 978-0073376448

Product Dimensions: 8.8 x 0.9 x 10.9 inches

Shipping Weight: 2.5 pounds

Average Customer Review: 4.1 out of 5 stars 32 customer reviews

Best Sellers Rank: #48,233 in Books (See Top 100 in Books) #8 in Books > Science & Math > Biological Sciences > Biophysics #30 in Books > Science & Math > Physics > Mechanics #48 in Books > Textbooks > Medicine & Health Sciences > Medicine > Clinical > Sports Medicine

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