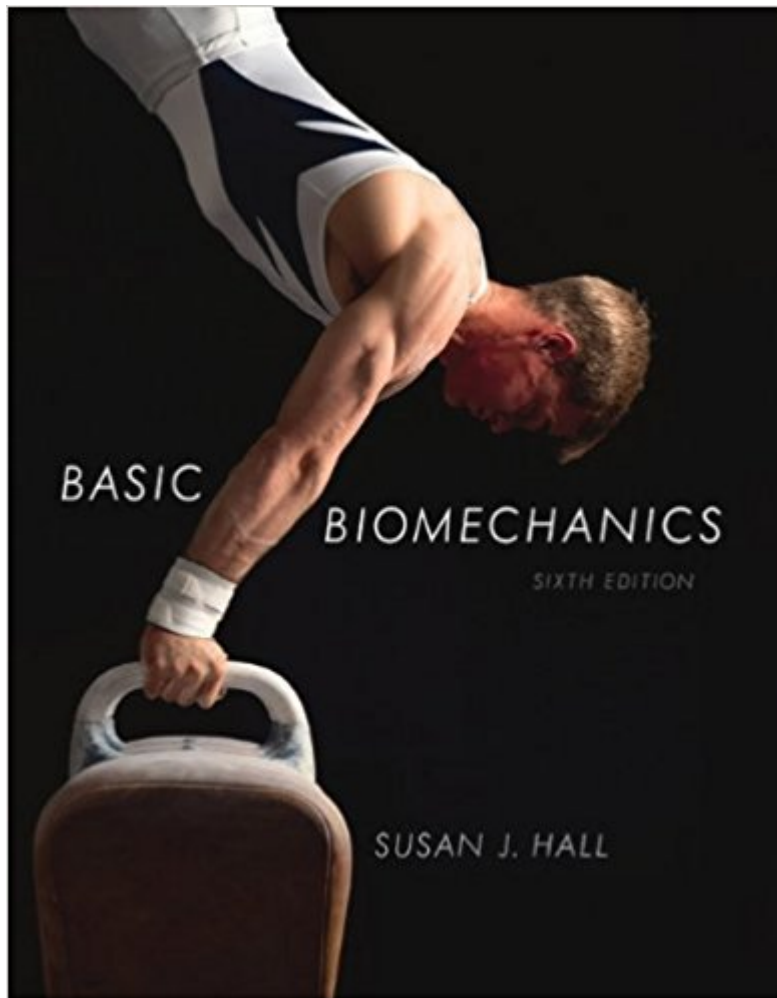




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# Basic Biomechanics



## 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

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Great book! Exactly what I was looking for!

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Mostly it was a review of the kinesiology book that my teacher used. Worked well for my class and was cheap.

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