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Dance anatomy and kinesiology pdf

Karen Clippinger's first edition of Dance Anatomy and Kinesiology has been hailed as the final text on the subject. This new edition builds on this success by maintaining its scientific perspective while making the material available to students and teachers. What's new? • Set of online instructor and student ancillaries to promote text • improved organization, which will help teachers better cover content in their courses • reduce scientific depth to produce more reader-friendly books that focuses on motion anatomy and kinesiology that dancers need to know • Graphics, photography and anatomical illustrations that demonstrate muscle movements and techniques of reflection and set the book apart from others in their field of primary focus While much is new in this second edition , Trimming retains its emphasis on the presentation of anatomical and kinesiological material, which is necessary for dancers to understand. The text contains descriptions of joint structure, key muscles, common alignment problems, selection of common mechanics and motion analysis and includes strength sample and exercise flexibility for each area of the body. Accessible to a wider audience Trimming has made this second edition more engaging with a wider audience and narrowed the range of material so it can be more easily included in a single Bachelor course. And while many of the lyrical examples are dance-specific, its applied nature and its many illustrations make it a great reference for Pilates, yoga, and fitness instructors, as well as dance educators and dedicated dancers. New Ancillaries • Instructor guide featuring sample syllabi and course outlines, chapter descriptions, laboratory tasks, answers to questions and sample tests • presentation package providing images with text and graphics that reinforce key points • Student web resource including tasks, reports, study sheets and 20 video clips demonstrating technique and correction instructions This new edition will provide teachers with a clearer picture of the anatomical and kinesiological factors they handle when creating technique and identifying problems with the technique. This will give dancers a better understanding of overcoming challenge techniques and preventing injuries. Its solid grounding in science, along with art and accessible text, will help teachers become more efficient and empower dancers to realize their potential and artistic vision. Quotes The first edition of Dance Anatomy and Kinesiology has been hailed by reviewers as most likely to become the definitive text in dance anatomy, kinesiology and conditioning classes (Journal of Dance Medicine and Science); must for any dance teacher who is serious about helping his students (Australia Dance Teacher Magazine); and the most factual dance science resource (Journal of Dance Education). All dancers strive to achieve optimal performance - and dance anatomy and kinesiology will help them do just that. This text helps dancers learn anatomical and biomechanical principles as they apply to dance performances. It focuses on optimal dance movement and related principles for understanding the function of body joints. And by applying these principles, dancers can help reduce the risk of injury and increase their performance longevity. In addition, Dance Anatomy and Kinesiology includes special practical applications: -Concept Demonstrations provide a hands-on workout to try. -Tests and measurements are specific to selected areas of the body. -Dance cues help to analyze the effectiveness of cues and promote optimal exercise. -Study questions and applications help apply chapter concepts. -Attachments provide pronunciation, attachments and

key actions of the primary muscles covered by this text. The first two chapters cover skeletal and muscular systems as they relate to dance and provide basic anatomical terminology and concepts. Chapters 3 to 7 are immersed in specific areas of the body- spine, pelvic girdle and hip joint, knee and patellophoral joints, ankle and leg and upper limb. These chapters include primary bones, muscles, joints, alignment deviations, mechanics, and injuries for a given region, with special considerations for dancing. They represent the strength and flexibility of exercise to help dancers improve technique and prevent injuries. And they contain many practical exercises and examples that are specific to dance technique to help dancers use the material. The material is expanded to include more than 250 illustrations and nearly 350 photographs that will appeal to the visual learning skills of many dancers and strengthen the connection between technique and art. The last chapter presents a scheme that helps to analyze the movements of dance throughout the body to determine the optimal design. Dance anatomy and kinesiology and records valuable scientific knowledge and understanding for dancers, helping them to mix anatomical and kinesiological principles with artistic expression. Such a blend of science and art will allow dancers to realize their potential and expand their artistic vision. Karen Clippinger, MSPE, is a professor at California State University in Long Beach, a faculty member for Body Arts and Science International, and a renowned international moderator. He has 20 years of experience as a clinical kinesiologist and has been a Pilates instructor for two decades. She has given over 450 presentations around the world related to kinesiological considerations in Pilates, Dance and Fitness and has written numerous articles and chapters and the first edition of this text. She served as one of the founding coeditors in the journal of dance medicine and science. worked with hundreds of dancers and artists, including members of pacific northwest ballet and joffrey, mark morris, bill evans, alwin nikolais, and cirque du soleil company. With an integrated combination of text and video, Dance Anatomy and Kinesiology, 2nd Edition (Enhanced Version), provides 20 video clips that provide visual aids for selected tests, alignment identification, conditioning exercises, and technology aspects. The new second edition of Dance Anatomy and Kinesiology builds on the success of the first edition by maintaining its scientific perspective while making the material available to students and teachers. What's new? · Set of online instructor and student ancillaries to promote the text · Improved organization to help teachers better cover content in their courses · Reduce scientific depth to produce more reader-friendly books that focuses on musculoskeletal anatomy and kinesiology that dancers need to know · Graphics, photographs and anatomical illustrations that demonstrate muscle movements and techniques account and set the book apart from others in its field of primary focus While much is new in this second edition, Trimming retains its emphasis on presenting anatomical and kinesiological material that is essential for dancers to understand. The text contains descriptions of joint structure, key muscles, common alignment problems, selection of common mechanics and motion analysis and includes strength sample and exercise flexibility for each area of the body. 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Ebook Content Author Karen Clipping's first edition of Dance Anatomy and Kinesiology has been hailed as the final text on the subject. This new edition builds on this success by maintaining its scientific perspective while making the material available to students What's new? A set of online instructor and student ancillaries to promote the text of the Improved Organization, which will help teachers better cover the content in their courses Reducing scientific depth to produce a more reader-friendly book that focuses on the movement of muscle anatomy and kinesiology that dancers need to know graphics, photographs and anatomical illustrations that show muscle movements and techniques of reflection and set the book apart from others in their field of primary focus While much is new in this second edition , Trimming retains its emphasis on the presentation of anatomical and kinesiological material, which is necessary for dancers to understand. 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Its solid grounding in science, along with art and accessible text, will help teachers become more efficient and empower dancers to realize their potential and artistic vision. Quotes The first edition of Dance Anatomy and Kinesiology has been hailed by reviewers as most likely to become the definitive text in dance anatomy, kinesiology and conditioning classes (Journal of Dance Medicine and Science); must for any dance teacher who is serious about helping his students (Australia Dance Teacher Magazine); and the most factual dance science resource to date (Journal of Dance education). Chapter 1 Skeletal system and its movements Chapter 2 Chapter Muscular system Chapter 3 Chapter 4 Pelvic Knits and Hip Joint Chapter 5 Knee and Patellofemoral Joints Chapter 6 Ankle and Leg Chapter 7 Upper Limb Chapter 8 Human Motion Analysis All ancillaries are free for adoption by instructors and are available online. Instructor guide. It contains samples of the curriculum and an overview of the course, chapter descriptions, laboratory tasks, answers to questions and sample tests. Presentation package. Contains images with text and graphics that reinforce key points. Web resource. It offers educational activities for students, including tasks, reports and study sheets. The source contains 23 videos that demonstrate technique and repair instructions. Video content meets wcag 2.0 AA accessibility standards. Standards.

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