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Kinetic Anatomy, Third Edition, includes coverage of three major structures that are not often considered when studying the anatomy of movement: the brain, heart, and lungs. As the centerpieces for the nervous, cardiovascular, and respiratory systems, these structures are essential to human movement and are highlighted throughout the text where appropriate.

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Kinetic Anatomy, Third Edition -  
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Created primarily for those who will work in physical activity fields, the third edition of Kinetic Anatomy continues to assert itself as the ideal resource for learning structural anatomy and how it affects movement. The text gives students a firm concept of musculoskeletal anatomy by systematically assembling each component of the human body: bones, ligaments, joints, and muscles on the bones, as well as the nerves and blood vessels that supply these muscles.

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Kinetic Anatomy: (Third Edition) by Robert S. Behnke | WHSmith  
Kinetic Anatomy, Third Edition, is an outstanding introductory resource for those who plan to specialize in any field related to physical activity.

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Readers will learn what structures are involved in movement and how those structures should function, allowing them to identify problems and correct them to enhance physical activity.

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respiratory systems, these structures  
are essential to human movement and  
are highlighted throughout the text  
where appropriate.

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Created primarily for those who will work in physical activity fields, the third edition of Kinetic Anatomy continues to building on its previous editions to assert itself as the ideal resource for learning structural anatomy and how it affects movement. The text gives students a firm concept of musculoskeletal anatomy by systematically assembling each component of the human body. Layer by layer, readers will study bones, ligaments, joints, and muscles on the bones, as well as the nerves and blood vessels that supply these muscles that are essential for movement. Kinetic Anatomy, Third Edition, includes coverage of three major structures that are not often considered when studying the anatomy of movement: the brain, heart, and lungs. As the centerpieces

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for the nervous, cardiovascular, and respiratory systems, these structures are essential to human movement and are highlighted throughout the text where appropriate. In addition, other fundamental features make this resource a valuable tool for learning and teaching human anatomy:

- A one-year subscription to *Musculoskeletal Anatomy Review*, an online anatomy program, provides an interactive forum for reviewing regional structural anatomy.
- A new chapter on the head completes the regional approach followed in the text.
- More information on muscle and motor units helps broaden information on movement potential in selected sport activities.
- Expanded discussion on joint strength and movement and the function of muscles (agonists, antagonists, stabilizers, and synergists), levers, and

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exercise supports understanding of how the human body is constructed. • Full-color photos and illustrations enhance the learning experience. • New Functional Movement Exercises provide students with the opportunity for practical application of their studies by asking them to identify the prime mover, antagonist, fixator, and synergist muscle in a particular movement. • Hands On exercises throughout the book offer students practice in physically identifying anatomical structures on themselves or on a partner. Included with each new text is a key code allowing students one-year access to the online anatomy program Musculoskeletal Anatomy Review. This engaging supplement to the text offers a regional review of structural anatomy with exceptionally detailed, high-

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quality graphic images—the majority provided by Primal Pictures. Students can mouse over muscles and click for muscle identification, and each chapter features a pretest and posttest evaluation to help students pinpoint knowledge gaps and test their retention. The pretest can be taken multiple times and is generated randomly so it will never be the same, but the posttest may be taken only once. Test results can be printed and turned in so instructors have the option to use the tests as a grading tool. To further facilitate learning, each chapter in the book concludes with a review of the key terms referred to in the chapter, suggested learning activities, and review questions in multiple-choice and fill-in-the-blank formats. The answers to the questions are provided at the end of the book. For



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instructors, a new image bank accompanies the updated instructor guide and test package to aid in delivering the course content. Kinetic Anatomy, Third Edition, is an outstanding introductory resource for those who plan to specialize in any field related to physical activity.

Readers will learn what structures are involved in movement and how those structures should function, allowing them to identify problems and correct them to enhance physical activity.

"This text teaches readers the vocabulary of human anatomy, describes the essentials of human anatomy for movement, and provides readers with the knowledge needed to pursue healthy living"--

Created expressly for those who will

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work in physical activity fields, the thoroughly revised and updated edition of Kinetic Anatomy continues to address how anatomy affects movements - how the human body is constructed and how it moves - by discussing bones, tying those bones together to make articulations, placing muscles on the bones, and observing how the joints move when the muscles contract. The second edition of Kinetic Anatomy lays the foundation for students to learn how anatomy affects movement of the human body. Readers will be able to apply the knowledge from this resource as they work with, treat, and train the physically active.

Kinetic Anatomy, Fourth Edition, is ideal for learning structural anatomy and how it affects human movement.

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The text systematically assembles each component of the human body, including bones, joints, muscles, nerves, and blood vessels

Kinetic Anatomy, Fourth Edition With HKPropel Access, gives students a firm concept of musculoskeletal anatomy by systematically assembling each component of the human body. Layer by layer, readers will study bones, ligaments, joints, and muscles as well as the nerves and blood vessels that supply these muscles that are essential for movement. With full-color visual aids and activities that invite readers to apply their understanding of structural anatomy to their own lives, the fourth edition is ideally suited for students studying physical activity because it explores how the structural anatomy of the

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human body facilitates movement. Part I of the text introduces the basics of structural anatomy. It describes how bones, joints, muscles, nerves, and other essential anatomy work together to allow for fundamental movement. Part II details the anatomy of the upper extremity region, including the shoulder, elbow, forearm, wrist, and hand. Part III of the text explores the anatomy of the head, spinal column, thorax, and pelvis. These chapters include unique coverage not found in other anatomy texts, explaining how the brain, heart, and lungs—as the power centers of the nervous, cardiovascular, and respiratory systems—affect movement. Part IV discusses the anatomy of the lower extremity region: the hip, thigh, knee, lower leg, ankle, and foot. Parts II, III, and IV each end with a summary table

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that offers a quick reference for the components of the body region featured in that part. Kinetic Anatomy, Fourth Edition, contains nearly 400 photos, illustrations, and infographics to help readers visualize structural anatomy and engage with their coursework. Throughout the book, Hands On exercises instruct readers to physically identify anatomical structures on themselves or on a partner, and Focus On sidebars illustrate circumstances in everyday activity that relate to the specific anatomical structures in the text. Pop quizzes provide readers an opportunity to strengthen their clinical reasoning skills by asking them to identify the muscles shown in the accompanying photo. The fourth edition is further enhanced with the addition of new online learning tools—all of which can

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be assigned, and progress tracked, by instructors directly through HKPropel: Anatomy labeling and coloring sheets offer students nearly 100 interactive activities that test their knowledge of anatomical structures and function. Learning activities; true-false, multiple-choice, and fill-in-the-blank questions; and functional movement exercises ensure students have a firm grasp of key points from each chapter. Chapter quizzes (assessments) may also be assigned; these are automatically graded to test comprehension of critical concepts. Readers of Kinetic Anatomy, Fourth Edition, will learn what structures are involved in movement and how those structures should function, allowing them to identify problems and correct them to enhance physical activity. Anyone interested in just how their body

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functions during physical activity and how certain overuse or misuse can affect certain anatomical structures will benefit from this book. Note: A code for accessing HKPropel is included with all new print books.

'Kinetic Anatomy' is an introductory anatomy text for undergraduate courses in sport science, athletic training, physical education and coaching. It breaks down the elements of structural human anatomy into four key sections and encourages students to learn anatomy through hands-on experiments.

Hockey Anatomy presents 96 exercises with 68 variations to improve on-ice performance. Highly detailed anatomical drawings highlight muscle groups used during exercise and

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during game action.

Packaged with Primal Pictures CD-ROM Essentials of Interactive Functional Anatomy (IFA Essentials), this book lays the foundation for students to learn how anatomy affects movement of the human body. It is reinforced by the graphical images on the IFA Essentials software that is included.

With 156 detailed, full-color anatomical illustrations, *Golf Anatomy, Second Edition*, depicts 72 exercises proven to improve strength, power, and range of motion. Golfers will add distance to drives, consistency to the short game, and accuracy to putts.



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