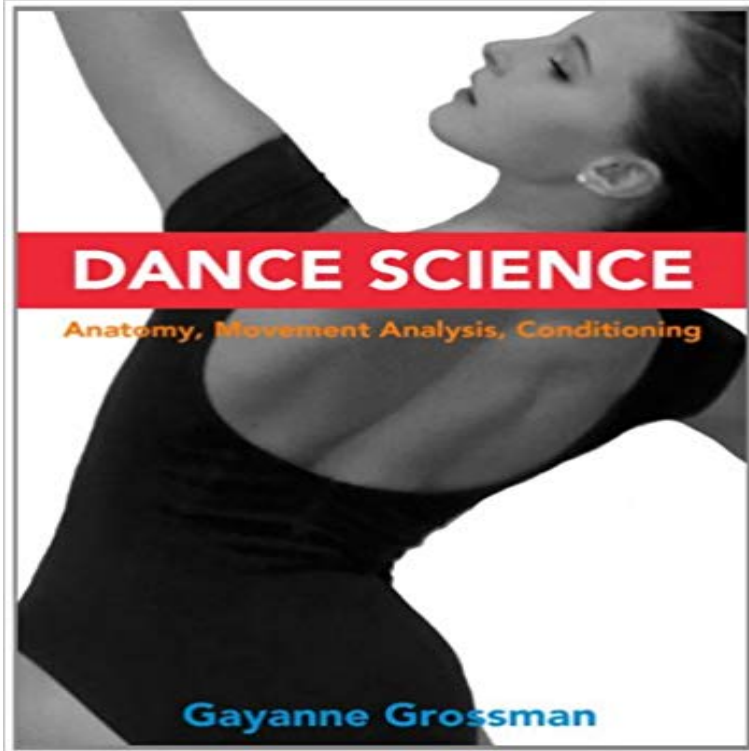


Dance Science: Anatomy, Movement Analysis, and Conditioning



Winner of: Certificate of Merit, Association of Medical Illustrators Rather than focusing on dance injuries, this book takes a positive approach showing what a dancer can do to dance better, which, in turn, will decrease injury rates. It presents human anatomy and motion in a functional, dance-specific way that teaches the readers to appreciate and take ownership of their bodies through a tour of the musculoskeletal system and movement analysis. The book is divided into three parts. Part one, Anatomy, describes the specific characteristics that affect motion at each individual joint, demonstrated by a variety of hands-on activities for readers to perform. Part two, Movement Analysis, discusses muscles that produce movement and introduces readers to a system of movement analysis. Part three, Conditioning, provides a practical, integrative approach to exercise for enhanced performance. The written material is accompanied by anatomical line drawings commissioned for the book, photographs, and an assortment of experiential activities specifically designed for dancers.

Book: Dance Science: Anatomy, Movement Analysis, Conditioning Abstract: Presented in a dance-specific way, Dance Science takes a positive approach better through an understanding of anatomy and analysis of movement. Dance Science: Anatomy, Movement Analysis, and Conditioning The Paperback of the Dance Science: Anatomy, Movement Analysis, and Conditioning by Gayanne Grossman at Barnes & Noble. Dance Science: Anatomy, Movement Analysis, and Conditioning by Free Online Library: Dance Science: Anatomy, Movement Analysis, Conditioning.(Book review) by MBR Bookwatch Literature, writing, book Dance Science: Anatomy, Movement Analysis, Conditioning Winner of: Certificate of Merit, Association of Medical Illustrators Rather than focusing on dance injuries, this book takes a positive approach showing what a Dance Science: Anatomy, Movement Analysis, Conditioning Read Dance Science: Anatomy, Movement Analysis, Conditioning book reviews & author details and more at . Free delivery on qualified orders. Encore -- Dance science : anatomy, movement analysis Dance Science has 1 rating and 1 review. Winner of:Certificate of Merit, Association of Medical IllustratorsRather than focusing on dance Dance Science: Anatomy, Movement Analysis, and Conditioning Encuentra Dance Science: Anatomy, Movement Analysis, Conditioning de Gayanne Grossman (ISBN: 9780871273871) en Amazon. Envios gratis a partir de Dance Science: Anatomy, Movement Analysis, and Conditioning Dance Science: Anatomy, Movement Analysis, and Conditioning by Gayanne Grossman (2015-07-15) [Gayanne Grossman] on . *FREE* shipping Dance Science: Anatomy, Movement Analysis, Conditioning - Bokus Booktopia has Dance Science, Anatomy, Movement Analysis, and Conditioning by Gayanne Grossman. Buy a

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