



# Kinesiology For Dummies

By Steve Glass, Brian Hatzel, Rick Albrecht



**Kinesiology For Dummies** By Steve Glass, Brian Hatzel, Rick Albrecht

## Move at your own pace with this kinesiology course guide

A required course for majors pursuing sports medicine, exercise science, nursing, or sports therapy degrees, kinesiology is central to a variety of fields. *Kinesiology For Dummies* tracks an introductory course in the science and imparts the basics of human body movement. With this resource, you will learn how physical activity can alleviate chronic illnesses and disabilities, what factors contribute to musculoskeletal injury, and how to reverse those influences. Complete with a 16-page color insert of medical instructions, this book covers the basics of exercise physiology, exercise and health psychology, introductory biomechanics, motor control, history and philosophy of sport and exercise, and mind-body connections.

- Written by experts in exercise science
- Addresses a timely subject as exercise science careers and majors are increasingly popular
- Runs parallel to a kinesiology course with accessible, concise language

Interested learners, kinesiology students, and health or sports therapy professionals will benefit from this refresher course in the basics.

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### Editorial Review

From the Back Cover

#### Learn to:

- Figure out how the body moves
- Understand the connections between the mind and the body
- Understand the science behind exercise and movement

#### Your guide to the body's constant state of movement

You use your body every day, but do you really know how it works? *Kinesiology For Dummies* helps you discover the science of movement, a crucial area of knowledge for professionals and students in healthcare-related fields. Written by experts in exercise science, this hands-on, friendly guide shows you how the connections between the mind and the body are so important to how we do just about everything.

- Brains and brawn — find out about motor control, exercise metabolism, the role of the cardiovascular system, and how we adapt to our environment
- Biomechanics are key — discover the basics of human movement, how bones and joints come into play, what all those muscles are for, and how to analyze motion
- The mind-body connection — gain an understanding of how the mind and body connect to perform physical exercise
- Get to work — put your knowledge to use by tweaking your exercise program, acing your next exam, or applying that new knowledge to your career

#### Open the book and find:

- An introduction to the science of movement
- How the brain provides motor control
- How we adapt to our environment
- The way we move and the reasons behind it
- Details on the functions of bones and joints
- How to analyze the way you move
- How mind-body connections relate to exercise
- Ten career choices for aspiring kinesiologists

About the Author

**Dr. Steve Glass** is a Professor in the Department of Movement Science at Grand Valley State University. **Dr. Brian Hatzel** is an Associate Professor and Department Chair in Movement Science at Grand Valley State University. **Dr. Rick Albrecht** is a Professor and Sports Leadership Coordinator in the Department of Movement Science at Grand Valley State University.

## **Users Review**

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#### **Ross Adams:**

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