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Athletic Ability And The Anatomy

From this basis, the book explores the anatomy function of different parts of the body and examines the types of movement important in sports activities. The book's unique approach features a rigorous application of biomechanics to sport training. Mechanics are related to the use of muscles in specific sports.

Athletic Ability and the Anatomy of Motion: 9780723433866 ...

Athletic Ability and the Anatomy of Motion. This book serves as a bridge between biomechanics and the practice of sport. By providing a detailed analysis of movement, it helps readers understand the important factors for maximizing performance.

Athletic Ability and the Anatomy of Motion by Rolf Wirhed

Athletic Ability and the Anatomy of Motion. , 3rd Edition. Author: Rolf Wirhed. This book serves as a bridge between biomechanics and the practice of sport. By providing a detailed analysis of movement, it helps readers understand the important factors for maximizing performance.

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Guidelines for flexibility and strength training are included, and the biomechanical aspects of exercise are elucidated from both theoretical and practical perspectives. ATHLETIC ABILITY AND THE ANATOMY OF MOTION is a bridge between biomechanics and the practice of sport.

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It is much better than Gray's Anatomy and better still than a workout book focused on athletic ability and targeted muscle exercises. I like the general overview to each area with many sketches in a sequence of tightening field illustrations so that one sees the bigger picture and gets zeroed in as the discussion proceeds to the core of the matter.

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Guidelines for flexibility and strength training are included, and the biomechanical aspects of exercise are elucidated from both theoretical and practical perspectives. ATHLETIC ABILITY AND THE ANATOMY OF MOTION is a bridge between biomechanics and the practice of sport.

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Athletic Ability and the Anatomy of Motion, 2nd edn By Rolf Wirhed. (Pp. iv+171; fully illustrated; \$28 paperback; ISBN 0 7234 2643 0.) St Louis: Mosby-Year Book. 1997.

Athletic Ability and the Anatomy of Motion, 2nd edn

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R. Wirhed "Athletic Ability and the Anatomy of Motion"

This book explains the anatomy function of different parts of the body and examines the types of movement important in sports activities. This book gives a detailed analysis of movement, general characteristics of bones, joints, and muscles, as well as guidelines for flexibility and strength training.

Athletic Ability and the Anatomy of Motion - Wirhed Fil ...

By providing a detailed analysis of movement, it helps readers understand the important factors for maximizing performance. Valuable coverage is provided on the general characteristics of bones, joints, and muscles, as well as guidelines for flexibility and strength training that provide a firm theoretical framework for effective training. From this basis, the book explores the anatomy function of different parts of the body and examines the types of movement important in sports

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9780723415404 - Athletic Ability and the Anatomy of Motion ...

Athletic ability & the anatomy of motion by Rolf Wirhed Published 1994 by Wolfe Medical Publications in London, England .

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Elsevier: Athletic Ability and the Anatomy of Motion, 3rd ...

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Athletic ability and the anatomy of motion by Wirhed, Rolf

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