



Kinesiology - Scientific Basis of Human Motion: With Dynamic Human 2.0 and Powerweb: Health and Human Performance

Kathryn Luttgens, Nancy Hamilton

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This introductory text provides undergraduate students with the basics of anatomy, physiology, and the applications of kinesiology. It uses a qualitative approach with an easy-to-follow writing style. Theory is balanced with many sport and real-world applications to promote the integrated nature of kinesiology, including the anatomical and biomechanical concepts. New texts now come packaged with Dynamic Human and PowerWeb: Health & Human Performance!

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