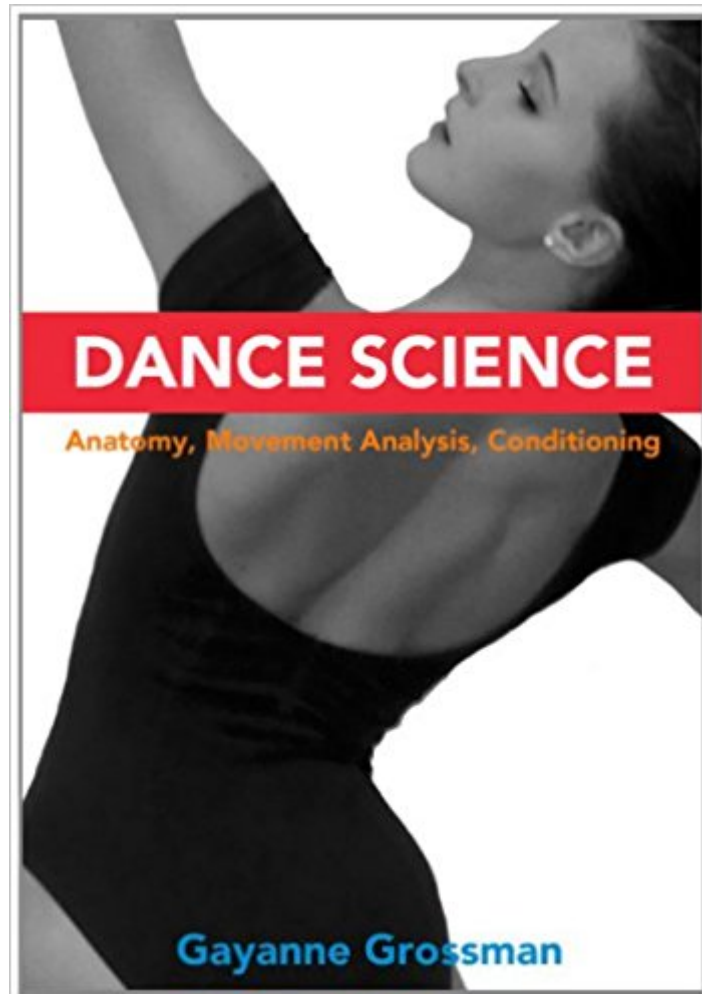




Ebook Directory
the best source of ebook

The book was found

Dance Science: Anatomy, Movement Analysis, And Conditioning



Synopsis

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 Information

Paperback: 320 pages

Publisher: Princeton Book Company (July 15, 2015)

Language: English

ISBN-10: 0871273888

ISBN-13: 978-0871273888

Product Dimensions: 7.5 x 0.8 x 10 inches

Shipping Weight: 12.6 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars 3 customer reviews

Best Sellers Rank: #932,177 in Books (See Top 100 in Books) #93 in [Books > Arts & Photography](#)

[Photography](#) > [Performing Arts](#) > [Dance](#) > [Reference](#) #203 in [Books > Textbooks](#)

> [Humanities](#) > [Performing Arts](#) > [Dance](#) #463 in [Books > Textbooks](#) > [Medicine & Health Sciences](#) > [Medicine](#) > [Clinical](#) > [Sports Medicine](#)

Customer Reviews

"Dance Science is interesting, pragmatic, and reflective of current knowledge within the fields of dance anatomy and kinesiology. Teachers and students will find it a useful guide with practical approaches." — Denise Puirvis, MFA, Journal of Dance Education

Gayanne Grossman taught modern dance technique for 22 years and has provided dance-specific

physical therapy for 26 years. She holds a BFA in dance, a BS in physical therapy from the University of Utah, and an EdM in dance education from Temple University. She is the director of dance wellness, resident physical therapist, and an instructor of anatomy, kinesiology, and dance conditioning for the department of theatre and dance at Muhlenberg College. She has served on the board of directors of the International Association for Dance Medicine and Science (IADMS) and the Performing Arts Special Interest Group of the American Physical Therapy Association. She lives in Allentown, Pennsylvania.

Bought it for my friend who is a dance pro. The author is an acquaintance. :)

clearly written. Good addition to the library.

good price, good service.

[Download to continue reading...](#)

Dance Science: Anatomy, Movement Analysis, and Conditioning Movement Matters: Essays on Movement Science, Movement Ecology, and the Nature of Movement How to Dance: Learn How to Line Dance, Belly Dance, Ice Dance and More Modern Refrigeration and Air Conditioning (Modern Refridgeration and Air Conditioning) Heating, Ventilation, and Air Conditioning: A Residential and Light Commercial Text & Lab Book (Heating, Ventilating & Air Conditioning) Metabolic Conditioning: Rapid Fat Loss and Enhanced Athletic Performance Using Metabolic Training Techniques (Metabolic Conditioning and Rapid Weight Loss Book 1) Complete Conditioning for Rugby (Complete Conditioning for Sports Series) Complete Conditioning for Volleyball (Complete Conditioning for Sports Series) Complete Conditioning for Swimming (Complete Conditioning for Sports Series) Complete Conditioning for Hockey (Complete Conditioning for Sports Series) Complete Conditioning for Soccer (Complete Conditioning for Sports) Complete Conditioning for Tennis (Complete Conditioning for Sports Series) Teaching Movement & Dance: A Sequential Approach to Rhythmic Movement The Anatomy of Exercise and Movement for the Study of Dance, Pilates, Sports, and Yoga Dramaturgy in Motion: At Work on Dance and Movement Performance (Studies in Dance History) Beyond Dance: Laban's Legacy of Movement Analysis Dance and Music: A Guide to Dance Accompaniment for Musicians and Dance Teachers The Square Dance and Contra Dance Handbook: Calls, Dance Movements, Music, Glossary, Bibliography, Discography, and Directories 6 Arrangements - individual sheet music - by John W Schaum! Polka From The Golden Age, Sword Dance, Petrouchka Russian Dance, Chicken Reel, Rosamunde

Ballet Music AND Mexican Hat Dance (Jarabe Tapatio) Trends in Hip-Hop Dance (Dance and Fitness Trends) (Dance & Fitness Trends)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)