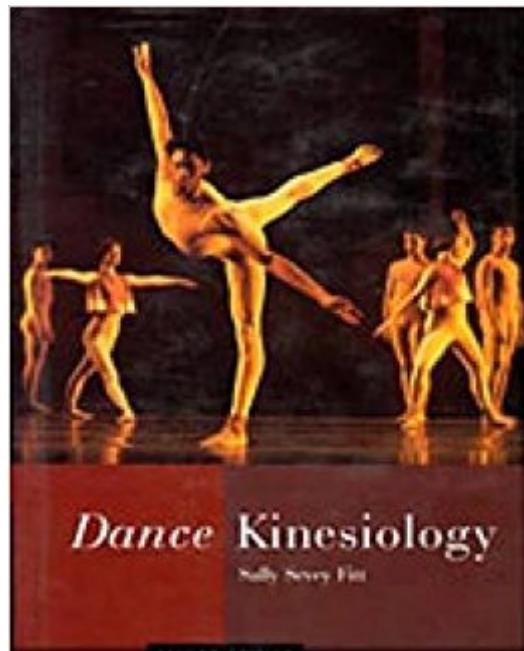


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# Dance Kinesiology, Second Edition



## **Synopsis**

Dance Kinesiology reflects modern techniques and includes articles addressing eight important systems of body work: the Pilates Method, Rolfing, the Feldenkrais Method, the Alexander Technique, Ideokinesis, Body-Mind Centering, the Bartenieff Fundamentals, and Laban Movement Analysis.

## **Book Information**

Hardcover: 504 pages

Publisher: Schirmer/Thomson Learning; 2nd edition (October 23, 1996)

Language: English

ISBN-10: 0028645073

ISBN-13: 978-0028645070

Product Dimensions: 10 x 7.3 x 1.4 inches

Shipping Weight: 2.7 pounds (View shipping rates and policies)

Average Customer Review: 4.1 out of 5 stars 13 customer reviews

Best Sellers Rank: #81,868 in Books (See Top 100 in Books) #3 in Books > Arts & Photography > Music > Musical Genres > Dance #22 in Books > Textbooks > Humanities > Performing Arts > Dance #49 in Books > Arts & Photography > Performing Arts > Dance

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Preface. SECTION 1: THE SCIENCE OF MOTION IN SUPPORT OF THE ART OF DANCE. 1. Domain of Dance Kinesiology. SECTION TWO: THE SKELETAL SYSTEM. 2. Overview of the Skeletal System. 3. Foot and Leg. 4. Pelvis and Spine. 5. Scapula and Humerus. 6. Radius, Ulna, and Hand. SECTION THREE: THE MUSCULAR SYSTEM. 7. Overview of the Muscular System. 8. Muscles of the Toes, the Tarsus, and the Ankle. 9. Muscles of the Knee and Hip. 10. Muscles of the Torso and the Neck. 11. Muscles of the Scapula and the Shoulder. 12. Muscles of the Elbow, Radio-Ulnar Joints, Wrist, and Hand. 13. Misalignments and Muscular Imbalances Common in Dance. SECTION FOUR: PHYSIOLOGICAL CONSIDERATIONS FOR DANCERS. 14. Physiological Support Systems. 15. Body Types. 16. Movement Behavior. SECTION FIVE: WELLNESS FOR DANCERS. 17. Somatics, Relaxation, and Efficiency. 18. Prevention of Dance Injuries. 19. Conditioning for Dancers. 20. Weight Management. SECTION SIX: CONCLUSION AND APPLICATIONS. 21. Enhancing Performance. 22. Applications of Dance Kinesiology. References. Contributors to the Second Edition. Index.

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I have read a few dance kinesiology texts. I ENJOY reading Sally Fitts book - it is on my nightstand and I LOOK FORWARD to reading a few more pages each night. I look for breadth of exposure in an introductory kinesiology text, and Fitt's text has been outstanding in this regard. More depth from other sources is necessary for depth of understanding in many areas, but this is a remarkable (perhaps my favorite) introduction to the subject material.

This book is a great resource for dancers and physical therapists alike. The concepts are presented in a clear and concise manner and the chapters include useful exercises to help make the material stick. The book also includes exercises and health plans for common dance and athletic ailments which is useful for readers! This is a textbook that is valuable for taking care of yourself, learning about kinesiology in general and as it relates specifically to the dancer, and supplements your research and papers as a source. This is a textbook to keep well after your course and would be an excellent teaching tool.

Good

It is an excellent addition to the library

I love the book and my teacher was awesome( just throw that out there.

Ship very soon and good

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