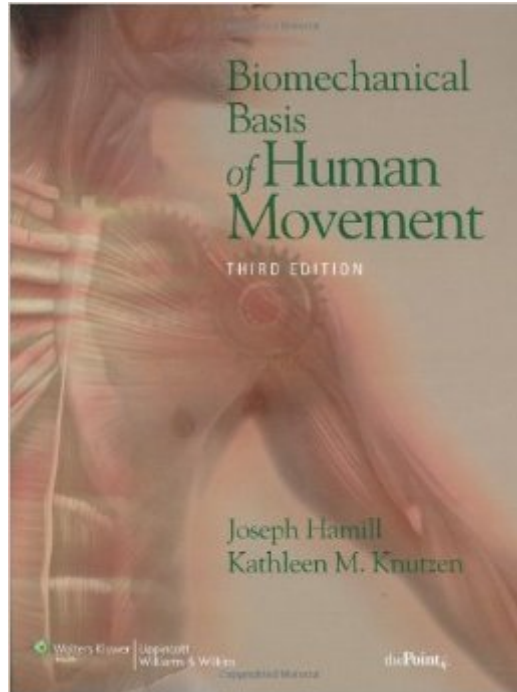


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# Biomechanical Basis Of Human Movement, 3rd Edition



## Synopsis

Integrating basic anatomy, physics, calculus, and physiology, this fundamental text offers you a solid introduction to the study of biomechanics. By focusing on movement patterns of muscle groups rather than individual muscles, this text provides you with a holistic understanding of human movement. Chapters are organized into three major parts: Foundations of Human Movement, Functional Anatomy, and Mechanical Analysis of Human Motion. Organized in a logical progression, each chapter begins with basic principles and math concepts and then helps you move on to more advanced concepts and applications. Features to Help You Master BiomechanicsâNew areas of coverage include physical activity and bone formation, osteoarthritis, osteoporosis, factors influencing force and velocity development in muscle, and the effect of training on muscle activation. MaxTRAQ motion analysis software offers you an easy-to-use tool to track data and analyze various motions selected by the authors. New and updated examples from sports, ergonomics, orthopedics, and exercise science illustrate the principles of human movement. Highlight boxes draw your attention to and reinforce key concepts and applications. Review questions gauge your comprehension and help you apply the material to real-world problems. This text's quantitative approach, coupled with its many examples and hands-on exercises, enables you to understand the fundamentals of biomechanics.

## Book Information

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## Customer Reviews

The book is very in-depth and helpful. The practice questions at the end of each chapter are very

helpful in order to know whether or not you truly understand the material. Overall I would recommend this book to anyone who is taking a Biomechanics class or even someone who just wants to learn more about the physics behind human movements.

It is evident that a better understanding of biomechanics provides one with credibility among clients, peers, and other health and fitness professionals. As a business owner ([...]0 and personal trainer you can't be just a CPT. Anyone out there can become at CPT overnight. This book has set me apart from the other CPT in Orlando. This book taught me the primary purpose of biomechanics. Which is to evaluate an individuals movement within an exercise (applied force). I recommend this book for anyone in the fitness industry. When before it would take me an hour to train a client I can now do it in 30mins because I am able to understand the movement of muscles. WORTH IT!!!

I became a teacher after a career in engineering and have found myself doing some informal coaching of our track team. For several years I've shot video to help students improve their technique; and while I was pretty good on mechanics and the laws of motion I felt I needed to know more about the physiology. This book does a good job of explaining the different types of muscle, tendons, ligaments, joints, bones, etc. etc. and these are accompanied by good illustrations. They also explain the muscle response to different types of training, the effects of different types of injury, etc. It's even readable. I recommend it.

This book really explains the essence of Biomechanics well. You are able to read through the entire book to get a detailed view at the world of biomechanics, or just read through the main headings to get an introduction to the field. It is a very well written and well organized text.

Oh my god, this book is terrible. If this book does anything, it makes you wish you were doing anything else but actually reading the content inside. I struggle to get through one paragraph. Unfortunately, this book is required text for my master's class. Maybe I will tape M&Ms on each paragraph to reward myself for reading.

Hamill should pay me for editing this book. Honestly, there are so many errors that I cannot believe it. Apart from countless grammatical and spelling errors, there are large ones that will certainly confuse those students new to the study of biomechanics. For example, on Page 191, the figure illustrating the relationship between flexion and extension of the trunk and flexion and extension of

the sacrum is wrong -- the sacrum extends in trunk extension, and the sacrum flexes in sacral flexion. On Page 272, the chart listing the spinal muscles lists the "Multifundus." THIS IS NOT EVEN A MUSCLE. It is Multifidus, and is regarded as such in other parts of the chapter. This is barely the beginning of the errors made. This book is horrible. Avoid at all costs. If your professor uses it, list these errors and look like a genius.

Was not very useful for my specific biomechanics of the human body class. I would ask teacher prior to renting if book is necessary.

Good resource for my class. Equations in the book are helpful. Terms were helpful and condition received was real good.

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