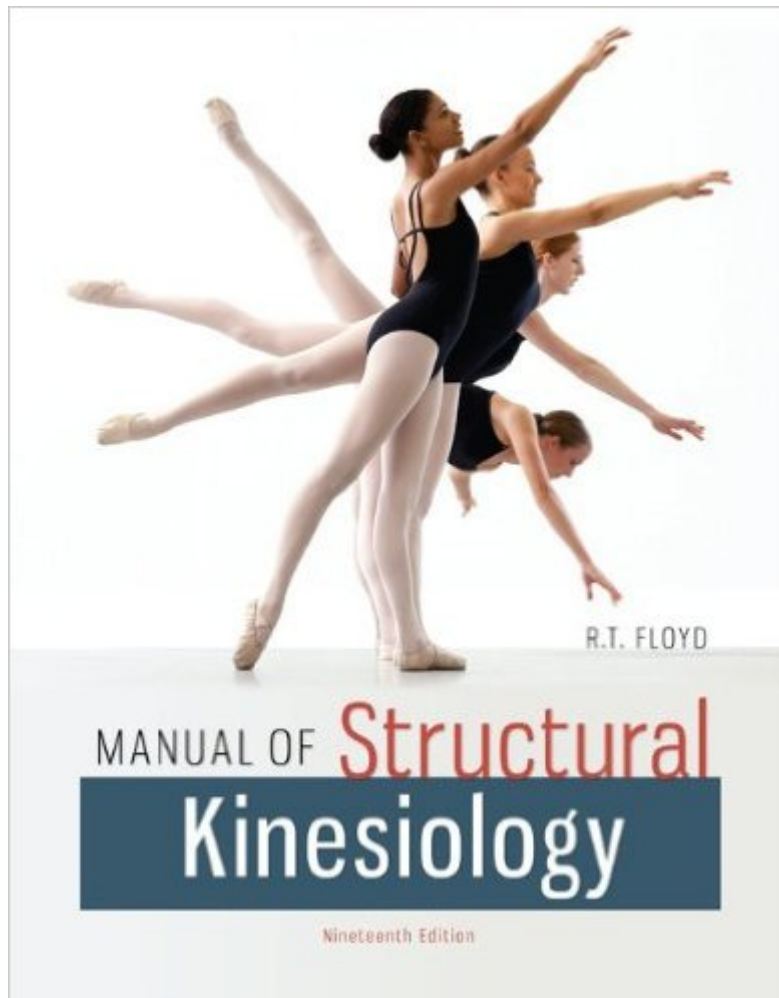


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Manual Of Structural Kinesiology



Synopsis

Explaining the process of human movement, Manual of Structural Kinesiology gives a straightforward view of human anatomy and its relation to movement. The manual clearly identifies specific muscles and muscle groups and describes exercises for strengthening and developing those muscles. Floyd provides important information in an accessible format through a combination of logical presentation, illustrations, and concise writing style. Instructors and students can now access their course content through the Connect digital learning platform by purchasing either standalone Connect access or a bundle of print and Connect access. McGraw-Hill Connect[®] is a subscription-based learning service accessible online through your personal computer or tablet. Choose this option if your instructor will require Connect to be used in the course. Your subscription to Connect includes the following:

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Book Information

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Customer Reviews

As students we purchase dozens of books because they are required for our courses. However, many of them are just boring, or just collect dust as they are barely used during the class. However, the Manual of Structural Kinesiology by Floyd has been a fantastic read with excellent information, it is very well written and only covers what is essential to kinesiology students. All the muscles are displayed, explained, with pronunciation for those like myself who have a hard time reading some of these Greek/Latin terms. In the back of the book there is a chart that lists muscle groups precisely, so you will better understand what muscles are being used during the most common exercises. I will end it there. Seeing that you are here, you are probably buying this book for class. This book is worth buying for sure, don't rent it. Unlike other books, this one is something you will want to keep and highlight and book mark for sure. I will be going back and forth to this book for a very long time. I would highly recommend reading it in its entirety. One of the most important things you will get out of this book is to ALWAYS make sure you have good posture... Stand of straight and keep the erector spinae muscles strong!

By far the best textbook I have ever bought in the three years I've been in college! If you are a kinesiology major or plan on going to PT, OT, Med, or chiropractic this bad boy will save your life with the anatomy portion of these fields (especially with AOII). Very well organized and well written. Definitely keeping this until it falls apart!

This book is terrific! I used it for a functional anatomy class and it was so helpful to me. It is well organized with clear pictures (although note that they are only black, white, and red, not full color - however I actually think this made it easier to see). My favorite part was that it gave descriptions of how to stretch and strengthen each muscle. Definitely worth the money for anyone studying exercise science! :D

Good Book (Bad Setup) The pages are precut so you can pull them out from the book well that's good if you are thinking to separate pages from the book but if you want to keep using the book for many years it will fall apart in one use. so keep that in mind...

Got this for my Kinesiology class! Packed with useful information that I can utilize for my career as a personal trainer!!! rented it and wished I would have just went ahead and bought it!!

This book about kinesiology was easy to follow and not only included information about how body parts

moved, but also tables with joint actions, muscles used, nerves and plane of movement. Included are exercises and highlighted are muscle groups and joint action for both concentric and eccentric phase.

If you need to use the worksheets or coloring pages in the book, I don't suggest downloading to a Kindle. The companion website doesn't have print out worksheets :(

Good book, the only complaint I have (which is a pretty big one) is that all of the pages are meant to tear out. I want a textbook to hold on to and love, not one that is going to fall apart in my book bag.

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