

The Biophysical Foundations of Human Movement

By Bruce Abernethy, Vaughan Kippers

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An introduction to each of the major biophysical subdisciplines of kinesiology functional anatomy, biomechanics, exercise physiology, motor control, and sport and exercise psychology. For each subdisciplines, the book describes: basic methods and concepts; explanations of the types of questions typically addressed and researched; how biophysical changes throughout the lifespan and adaptations to training and practice are interpreted and studied; key historical developments; professional training and organizations; and suggestions for further reading.

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Editorial Review

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