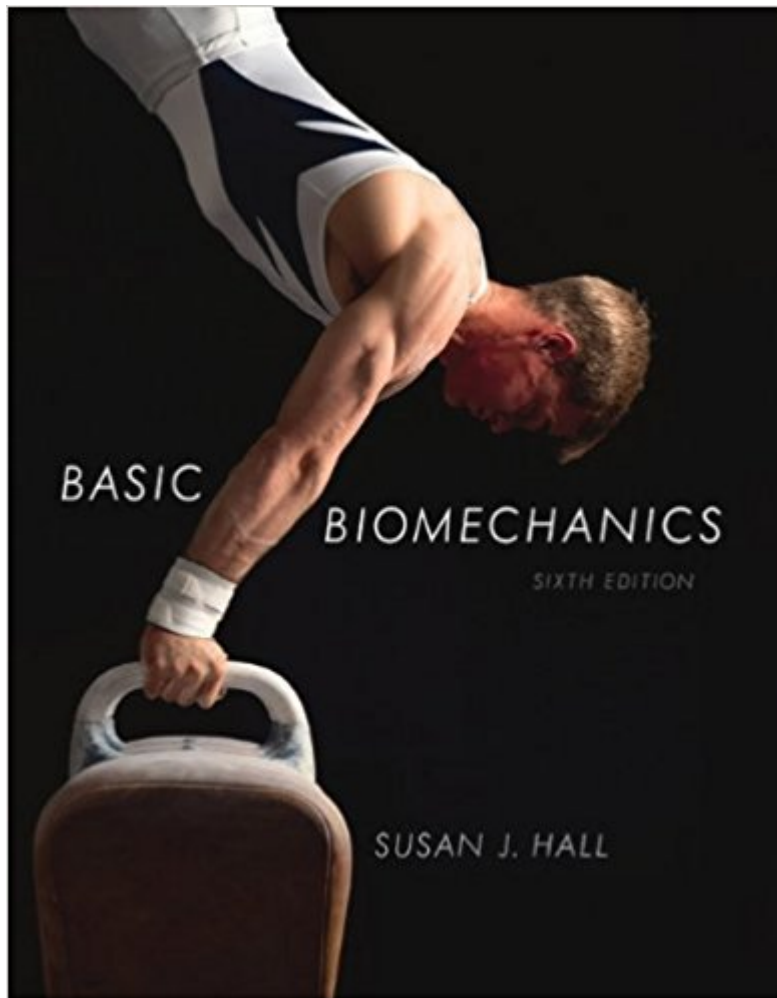




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# Basic Biomechanics



## Synopsis

Basic Biomechanics provides balanced coverage of anatomical structure, biomechanics, and applications, as recommended by the Biomechanics Academy of AAHPERD. Numerous applications from sport, ergonomics, and daily living-both qualitative and quantitativeâhelp demonstrate the relevance of biomechanical principles beyond elite sports performance and into everyday life. The quantitative aspects of biomechanics are presented in a manageable, progressive fashion, and a mathematics appendix helps make the material accessible to all students, regardless of mathematical skill level.

## Book Information

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Great experience

Great book! Exactly what I was looking for!

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Mostly it was a review of the kinesiology book that my teacher used. Worked well for my class and was cheap.

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