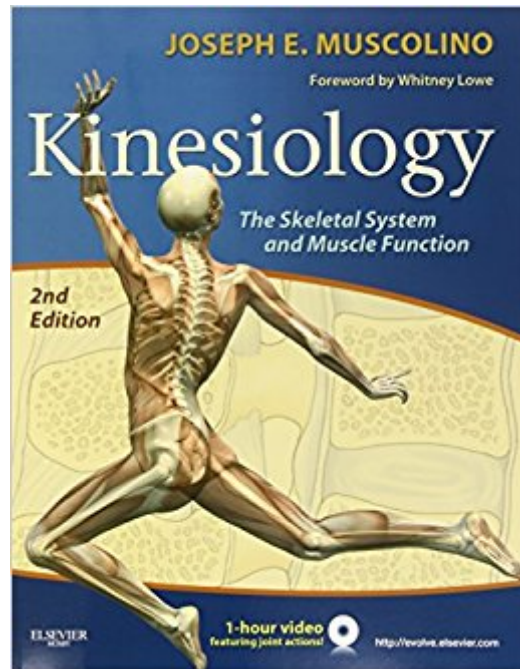


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# Kinesiology: The Skeletal System And Muscle Function, 2e



## Synopsis

See the body's bones, joints, and muscles in action! Highly visual and in full color, *Kinesiology: The Skeletal System and Muscle Function* makes it easy to understand kinesiology concepts and how they would be applied to the treatment of dysfunction. It contains over 1,200 illustrations, including a bone atlas that shows every bone in the human body and six chapters with detailed, illustrated coverage of joints. Written by noted educator and author Joseph E. Muscolino, this book clearly depicts how muscles function as movers, antagonists, and stabilizers. This edition expands its reach to athletic training with two new chapters on stretching and strengthening exercises. A companion DVD includes video clips with over 60 minutes of footage demonstrating all the major joint actions of the human body. Companion DVD includes over one hour of video demonstrating all the major joint actions of the human body, with a voiceover explanation of the names of the motions, the planes in which motion occurs, and the axes around which motion occurs. Unique! A focus on the needs of massage therapists and bodyworkers makes it easier to apply kinesiology concepts to the practice of massage therapy. Unique! A complete bone atlas includes over 100 full-color photographs showing every bone in the human body. 1,200 full-color illustrations help you understand concepts relating to the bones of the human body, joints of the human body, and muscle function parts. A logical, easy-to-reference format moves from basics (like parts of the body) to more difficult topics (such as microphysiology). Six chapters on joints cover structure, function, and terminology, with specific illustrations on each joint in the human body: joints of the axial body, joints of the upper extremity, and joints of the lower extremity. Student-friendly features in each chapter include an outline, learning objectives, overview, key terms with pronunciations, and word origins designating the Latin or Greek derivative. Clear, simple explanations make it easy to understand kinesiology concepts, including muscle contraction(s), coordination of muscles with movement, core stabilization, posture, exercise, reflexes, and how the nervous system controls and directs the muscular system. Expert author Joseph E. Muscolino, DC, offers years of experience in the study of muscles and muscle function, as well as bodywork and massage, and conveys that information in an understandable format. More illustrations of individual muscles are included, with a description of their actions and attachments; muscles are now organized by function rather than by region. Expanded fascia and anatomy trains concepts section includes new illustrations and explanation of the different types of fascia, the structure and function of the fascial web, and how fascia reacts to physical stress. New Strengthening Exercises chapter covers the basics of strengthening, especially useful for athletic training. New Stretching chapter includes illustrations and information on the purpose and benefit of stretching and how to perform various stretching

techniques. Updated Posture and the Gait Cycle chapter more clearly explains and demonstrates concepts. Video icons in the book indicate when content is supported by videos on the companion DVD. Updated! Student resources on the companion Evolve website help you review for kinesiology quizzes, tests, and exams with bone and bony landmark identification exercises, crossword puzzles, drag-and-drop labeling exercises, radiographs, a comprehensive glossary of terms from the book, and answers to chapter review questions.

## **Book Information**

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## **Customer Reviews**

Joseph Muscolino has written a text which takes the Kinesiological depth of experts like Neumann and Oatis and has brought the necessary concepts into a practical focus for massage therapists, as well as other allied health professionals. Rather than write from the vantage point of a lecturer's podium, Joe has taken the inquisitiveness of students and woven a text which answers their questions before they are asked. Our school, The Connecticut Center for Massage Therapy, strives to make the sciences more accessible to students while maintaining a high level of academic excellence. Joe has gifted our school and the profession with a visual and scholarly delight which fulfills that quest. When considering the melding of thoroughness and user friendliness, in some respect, he could have subtitled the text "Everything You Wanted To Know About Kinesiology But Were Afraid To Ask". For the student, concepts which appear to be confusing and out of reach come into razor sharp focus. For the licensed practitioner, the illustrations and explanations support

the science behind the art and offer illustrations which provide clarity in discussions with clients. For teachers, the publisher's Evolve ancillaries offer images from the text as well as other thoughtfully considered classroom tools which complement this fine work. As Chair of the Health Sciences Department, I heartily recommend this text to anyone who wishes to expand their knowledge base in a practical, lucid manner.

I've looked at quite a few K. books, as well as anatomy & physiology textbooks. I pretty much use text books as references when designing workouts and troubleshooting. This is a great book, its strength is the excellent information organization. Good overview of systems and logical progression of details. I first got this book from the library, and decided very quickly that I wanted to own it. I have no issue with a 6+ year old text book for \$2 + shipping. No need to pay full price for content that doesn't drastically change with time, the text book industry is more or less a racket, always coming up with new editions to keep the students broke while making a profit on basically rehashed material. Really! there are no new parts in the body.

As a massage therapy student completely new to the world of bodywork, this book is an excellent study companion. Every part of this book is helpful, even down to chapter outlines, key terms and word origins at the beginning of each chapter and review questions at the end. The layout is such that it is easy to read and digest the information without losing focus (an absolute must with the nature of this subject). There are additional information boxes throughout which really help to reinforce the concepts being taught. The pictures and photos are very clear and I found the chapter on bones essential as an aid to learning names and landmarks. There is a web site link for additional learning resources and answers to the review questions. This book has been very well thought out, written and presented and nothing has been left out. I wouldn't be without it.

I bought this book to help me delve deeper into anatomy as it applies to movement. As a Pilates instructor I was looking for a plain spoken yet informative kinesiology book, this is it! Easily understood, written in plain English, this will help you in your exploration of how movement happens.

This is an outstanding book as are all of the authors works. Great color, quality book, god price, I got a new copy from a 3rd party seeler with the nice DVD for under 40\$, well worth it, even if I paid more.

This was a very detailed and well-organized book. Each chapter begins with a chapter outline and objective, as well as key terms (these are incredibly helpful when reviewing the chapter and creating study guides). There are multiple diagrams in each chapter that are clearly labeled, and detailed definitions. All of the information in the chapter is given in bullet points, which I found incredibly helpful and easy to read. There are also review questions at the end of each chapter. This is an amazing resource for anyone in the science or medical field needing to know kinesiology.

This book was excellent. I am studying Occupational Therapy. This has been helpful in learning body movement. The pictures are great and most done with live people and some with animated. The dvd that comes along is great going through the body as well and putting it all together for you in one setting without having to search.

Purchased this book to assist with the personal training certification since kinesiology is the area I was lacking knowledge. I am currently about half way through and know it is very beneficial. Very well written with good examples so the concepts are easy to grasp and retain. Money well spent.

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