

Kinesiology



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著者:Hamilton, Nancy/ Weimar, Wendi, Ph.D./ Luttgens, Kathryn

出版者:McGraw-Hill College

出版时间:2007-6

装帧:HRD

isbn:9780072972979

This introductory text provides undergraduate students with the basics of anatomy, physiology, and the applications of kinesiology. It uses a qualitative approach with an easy-to-follow writing style. Theory is balanced with many sport and real-world applications to promote the integrated nature of kinesiology, including the anatomical and biomechanical concepts.

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