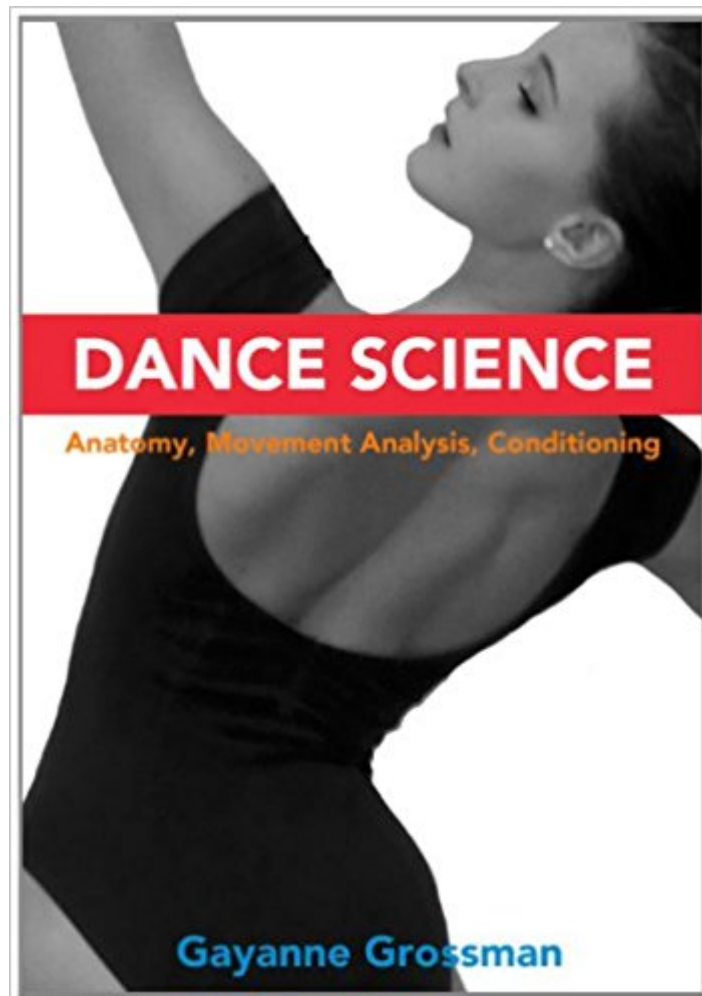




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Dance Science: Anatomy, Movement Analysis, And Conditioning



Synopsis

Winner of: Certificate of Merit, Association of Medical Illustrators Rather than focusing on dance injuries, this book takes a positive approach showing what a dancer can do to dance better, which, in turn, will decrease injury rates. It presents human anatomy and motion in a functional, dance-specific way that teaches the readers to appreciate and take ownership of their bodies through a tour of the musculoskeletal system and movement analysis. The book is divided into three parts. Part one, Anatomy, describes the specific characteristics that affect motion at each individual joint, demonstrated by a variety of hands-on activities for readers to perform. Part two, Movement Analysis, discusses muscles that produce movement and introduces readers to a system of movement analysis. Part three, Conditioning, provides a practical, integrative approach to exercise for enhanced performance. The written material is accompanied by anatomical line drawings commissioned for the book, photographs, and an assortment of experiential activities specifically designed for dancers.

Book Information

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Customer Reviews

"Dance Science is interesting, pragmatic, and reflective of current knowledge within the fields of dance anatomy and kinesiology. Teachers and students will find it a useful guide with practical approaches." — Denise Puirvis, MFA, Journal of Dance Education

Gayanne Grossman taught modern dance technique for 22 years and has provided dance-specific

physical therapy for 26 years. She holds a BFA in dance, a BS in physical therapy from the University of Utah, and an EdM in dance education from Temple University. She is the director of dance wellness, resident physical therapist, and an instructor of anatomy, kinesiology, and dance conditioning for the department of theatre and dance at Muhlenberg College. She has served on the board of directors of the International Association for Dance Medicine and Science (IADMS) and the Performing Arts Special Interest Group of the American Physical Therapy Association. She lives in Allentown, Pennsylvania.

Bought it for my friend who is a dance pro. The author is an acquaintance. :)

clearly written. Good addition to the library.

good price, good service.

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