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DANCE SCIENCE: ANATOMY, MOVEMENT ANALYSIS, CONDITIONING (HARDBACK)

Princeton Book Company, 2015. Hardback. Condition: New. Language: English . Brand New Book. 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, dancespecific way that teaches the readers to appreciate and take ownership of their bodies through a tour of the musculoskeletal system...

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- Authored by Gayanne Grossman
- Released at 2015



Reviews

Simply no words and phrases to clarify. It really is full of knowledge and wisdom You wont feel monotony at at any moment of the time (that's what catalogs are for relating to when you question me). -- Paolo Spinka

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