Physics and the Art of Dance

Renowned master teacher Eric Franklin has thoroughly updated his classic text, Dance Imagery for Technique and Performance, providing dancers and dance educators with a deep understanding of how they can use imagery to improve their dancing and artistic expression in class and in performance. These features are new to this edition:

- Two chapters include background, history, theory, and uses of imagery.
- 294 exercises offer dancers and dance educators greater opportunities to experience how imagery can enhance technique and performance.
- 133 illustrations facilitate the use of imagery to improve technique, artistic expression, and performance.
- Four exercises taught by Franklin and available on HK's website help dancers with essential rest and relaxation techniques. Franklin provides hundreds of imagery exercises to refine improvisation, technique, and choreography. The 295 illustrations cover the major topics in the book, showing exercises to use in technique, artistic expression, and performance. In addition, Franklin supplies imagery exercises that can restore and regenerate the body through massage, touch, and stretching. And he offers guidance in using imagery to convey information about a dancer's steps and to clarify the intent and content of movement. This new edition of Dance Imagery for Technique and Performance can be used with Franklin's Dynamic Alignment Through Imagery, Second Edition, or on its own. Either way, readers will learn how to combine technical expertise with imagery skills to enrich their performance, and they will discover methods they can use to explore how imagery connects with dance improvisation and technique. Dance Imagery for Technique and Performance uses improvisation exercises to help readers investigate new inner landscapes to create and communicate various movement qualities, provides guidelines for applying imagery in the dance class, and helps dancers expand their repertoire of expressiveness in technique and performance across ballet, modern, and contemporary dance. This expanded edition of Dance Imagery for Technique and Performance supplies imagery tools for enhancing or preparing for performance, and it introduces the importance of imagery in dancing and teaching dance. Franklin's method of using imagery in dance is displayed throughout this lavishly illustrated book, and the research from scientific and dance literature that supports Franklin's method is detailed. The text, exercises, and illustrations make this book a practical resource for dancers and dance educators alike.

Exercise Physiology for Health, Fitness, and Performance

Dance Teaching Methods and Curriculum Design, Second Edition, presents a comprehensive model that prepares students to teach dance in school and community settings. It offers 14 dance units and many tools to help students learn to design lesson plans and units and create their own dance portfolio.
Introduction to Sports Biomechanics has been developed to introduce you to the core topics covered in the first two years of your degree. It will give you a sound grounding in both the theoretical and practical aspects of the subject. Part One covers the anatomical and mechanical foundations of biomechanics and Part Two concentrates on the measuring techniques which sports biomechanists use to study the movements of the sports performer. In addition, the book is highly illustrated with line drawings and photographs which help to reinforce explanations and examples.

Dance Anatomy and Kinesiology

Anne Green Gilbert’s Brain-Compatible Dance Education, Second Edition, strikes the perfect balance between hard science and practicality, making it an ideal resource for dance educators working with dancers of all ages and abilities. Gilbert presents the latest brain research and its implications for dance educators and dancers. She makes the research findings accessible and easy to digest, always connecting the science to the teaching and learning that takes place in classrooms and studios.

Bodybuilding Anatomy, 2E

Take an inside look at the world’s most popular sport. Soccer Anatomy will show you how to elevate your game by increasing strength, speed, and agility for more accurate passes and powerful shots. Soccer Anatomy includes 79 exercises, each with step-by-step descriptions and full-color anatomical illustrations highlighting muscles in action. Soccer Anatomy goes beyond exercises by placing you on the pitch and in the game. Illustrations of the active muscles involved in kicking, heading, tackling, and diving show you how each exercise is fundamentally linked to soccer performance. From attacking to defending to goalkeeping, Soccer Anatomy will improve every aspect of your game. You’ll learn how to modify exercises to target specific areas based on your style of play, personal needs, and goals. And you can prepare for competition by minimizing injuries using a system developed by FIFA’s medical research program. Combining authoritative advice, expert instruction, and stunning four-color illustrations, Soccer Anatomy is truly an inside look at this one-of-a-kind sport. Whether you’re a player, coach, or fan, if you’re serious about soccer, this is one book you need to own.

Dance Anatomy and Kinesiology 2nd Edition

Karen Clippinger’s first edition of Dance Anatomy and Kinesiology was hailed as the definitive text on the topic. This new edition builds on that success by retaining its scientific perspective while making the material more accessible to students and teachers.

Tennis Anatomy

Karen Clippinger’s first edition of Dance Anatomy and Kinesiology was hailed as the definitive text on the topic. This new edition builds on that success by retaining its scientific perspective while making the material more accessible to students and teachers. What’s New? • A suite of online instructor and student ancillaries to support the text • An improved organization that will help teachers better cover the content in their courses • A reduction of the scientific depth to produce a more reader-friendly book that focuses on the musculoskeletal anatomy and kinesiology that dancers need to know • Graphics, photos, and anatomical illustrations that demonstrate muscle movements and technique considerations and set the book apart from others in its field Primary Focus While much is new in this second edition, Clippinger retains her emphasis on presenting the anatomical and kinesiological material that is essential for dancers to understand. The text includes descriptions of joint structure, key muscles, common alignment problems, select joint mechanics, and movement analysis and includes sample strength and flexibility exercises for each region of the body. Accessible to a Wider Audience Clippinger has made this second edition more engaging to a wider audience and narrowed the scope of the material so it can be more readily covered in a single undergraduate course. And while many of the text examples are dance-specific, its applied nature and its many illustrations make it a great reference for Pilates, yoga, and fitness instructors as well as dance educators and dedicated dancers. New Ancillaries • An instructor guide featuring a sample syllabus and course outline, chapter outlines, lab assignments, answers to review questions, and sample tests • A presentation package
providing slides with text and graphics that reinforce key points • A student web resource including assignments, outlines, study sheets, and 20 video clips that demonstrate technique and correction guidelines This new edition will give teachers a clearer picture of the anatomical and kinesiological factors that aid in generating technique cues and identifying technique problems. It will provide dancers with a better understanding of overcoming technique challenges and preventing injuries. Its solid grounding in the sciences, along with the art and accessible text, will help teachers become more effective and empower dancers to realize their potential and artistic vision. Quotes The first edition of Dance Anatomy and Kinesiology was hailed by reviewers as “most likely to become the definitive text in dance anatomy, kinesiology, and conditioning classes” (Journal of Dance Medicine and Science); “a must for any dance teacher who is serious about helping their students” (Australia Dance Teacher Magazine); and “the most substantive dance science resource to date” (Journal of Dance Education).

Dance Technique and Injury Prevention

Eric Franklin's first edition of Conditioning for Dance was a bestseller—and it is back and better than ever, offering state-of-the-art conditioning exercises for dancers. An internationally renowned master teacher, Franklin has developed a science-based method of conditioning that is taught and practiced in companies and schools around the world. In this new edition of Conditioning for Dance, he integrates the latest scientific research on strength, flexibility, and conditioning into his dance exercises. New to This Edition Since the first edition, the topic of dancers’ health, wellness, and conditioning has taken on even greater importance in the dance community. Franklin has responded to this increased emphasis by adding these new exercises and resources: • Over 100 new conditioning exercises—for all parts of the body—to support dancers in a wide range of genres, forms, and styles • Over 100 new illustrations and photos to explain and show the exercises • Two new chapters with exercises for a complete conditioning plan • A new web resource that offers 17 video clips featuring Franklin showing correct execution of the conditioning exercises from the book, two 20-minute portable whole-body workouts that use elastic bands to increase strength and aerobic conditioning for dance, and a personal conditioning program you can use to set goals chapter by chapter and monitor your conditioning development to support your performance. The web resource is included with all new print books and some ebooks. For ebook formats that don’t provide access, the web resource is available separately. In addition, the book is now printed in full color to enhance image quality in showing technique. Conditioning for Dance now has separate chapters for shoulders and feet, with additional information on calves and ankles. Franklin also offers practical tips to help you develop your personal conditioning plan, which you can set up through the web resource. Applying Principles Through the Franklin Method Conditioning for Dance is available in print and electronic formats. It uses the principles of resistance training, physics, anatomy, biomechanics, and neuroplasticity (using imagery for positive mental and physical changes) as applied to dance conditioning. Conditioning for Dance blends imagery, focus, and conditioning exercises for dancers to enhance their technique and performance while practicing injury-prevention strategies. Franklin uses experiential anatomy to show and explain how the conditioning principles work to condition your body. As you undertake the exercises, you gain awareness of the body's function and design and take in the knowledge of the principles through movement. This method, known as the Franklin Method, leads to greater understanding of your body, enhanced performance, and fewer injuries. Franklin developed the training systems within the book as well as a line of equipment, including the Franklin Band and Franklin Balls. Franklin has designed the exercises to transfer directly into dance steps; as such, they are appropriate for incorporating into the preparation time for dance classes. You can use the two 20-minute elastic-band workouts from the web resource to prepare you for class or rehearsal and build your strength and aerobic capacities. Immediate Benefits Conditioning for Dance offers you the culmination of decades of wisdom and experience in dance conditioning from a master teacher. By using its practical exercises, mind-body relationships, and conditioning routines, and in transferring the book knowledge to body experience, you will notice immediate benefits to your conditioning, strength, and flexibility. You will become kinesthetically aware, create great dance technique from within your own body, and begin to craft injury-free and artistically successful routines.

Experiencing Dance
Dance Anatomy is a visually stunning presentation of more than 100 of the most effective dance, movement, and performance exercises, each designed to promote correct alignment, improved placement, proper breathing, and prevention of common injuries.

History of Dance

If the saying “To be the best, you must learn from the best” holds true, then this book is gold for all aspiring dancers. Dance Composition Basics, Second Edition, doesn’t just feature the works and brilliance of dance and choreographic legends Alonzo King and Dwight Rhoden—it is completely based on the choreographic operations and forms in three of their original works: Chants and Dreamer by King and Verge by Rhoden. All compositional exercises in the book are based on those three works, and the book itself is expertly crafted by Pamela Anderson Sofras, who has 34 years of experience teaching dance at the university level. Dance Composition Basics, designed for beginning dance composition courses, introduces dancers to choreography through a series of problem-solving activities. The activities are starting points for novice dancers to embark on their own attempts at choreography.

Useful Tools

The book offers several useful tools for instructors: 27 lesson plans that draw from and highlight selected portions of original compositions by King and Rhoden 33 reproducible assessment and self-evaluation forms An instructor guide that includes a sample course syllabus plus written exams for each chapter PowerPoint presentations to guide students through each lesson A web resource featuring online videos that are closely tied to the lesson plans and provide a richer learning experience for students; students can access this resource inside or outside of class Highly Valuable Video Resource The videos give students access to Alonzo King and Dwight Rhoden, highly successful and respected choreographers, who share their processes and techniques. Many video clips show the choreographers in action with professional dancers as they develop the movement material for each dance. Because students get to see the choreographers and dancers struggling with the same creative concepts they have been assigned, these clips add tremendous value to Dance Composition. Book and Web Resource Organization The text is split into five chapters, each of which features several lessons based on that chapter’s choreographic concept. Each lesson contains the following: An introductory statement and a vocabulary list A warm-up to prepare the body and focus the mind Structured improvisations that help dancers understand the movement concepts of the lesson Problem-solving activities that allow dancers to apply the concepts presented in the improvisations Discussion questions to engage dancers and promote understanding Assessment rubrics to guide evaluation of each dancer’s learning At the end of the book, a glossary provides definitions for the vocabulary terms introduced in the book. The main menu of the web resource corresponds with the five chapters in the book. To guide students’ use of the videos, icons have been placed throughout the book, referring readers to additional information in the web resource. Reviewing the videos will provide further insight into the choreographic assignment. The web resource also contains all the discussion questions, assessments, and evaluations found in the book. Instructors can distribute these to students electronically or print them out. Instructors can also adapt the forms to meet their specific needs. The Learning Process Dance Composition takes students through a systematic learning process: reading about a concept, discussing the concept, seeing the concept played out on video with professional choreographers and dancers, and exploring the concept through their own movement ideas. Through this process, which includes structured improvisations, students discover a movement vocabulary and original dance phrases. They then more fully develop their movement ideas, with specific movement assignments, and are given feedback by their peers and the instructor. Invaluable Resource Dance Composition Basics, Second Edition, is an invaluable resource for dancers of all styles, from ballet to modern jazz, as it introduces them to some of the compositional structures used by professional choreographers. Through the carefully designed lessons in the book and the expert examples on the video clips, students can use this resource to take their first confident and exhilarating steps into the craft of choreography.

Dance Anatomy

This textbook integrates basic exercise physiology with research studies to stimulate learning, allowing readers to apply principles in the widest variety of exercise and sport science careers. It combines basic exercise physiology with special applications and contains flexible organisation of independent units.
Experiencing Dance: From Student to Dance Artist, Second Edition, takes off where its previous edition—a best-selling high school text for students enrolled in dance classes—left off. Geared to students in dance II, III, and IV classes, this text places teachers in the role of facilitator and opens up a world of creativity and analytical thinking as students explore the art of dance. Through Experiencing Dance, students will be able to do the following: • Encounter dance through creating, performing, responding to, analyzing, connecting with, and understanding dance through its 45-plus lessons. • Experience dance as performers, choreographers, and audience members. • Learn about dance in historical and cultural contexts, in community settings, and as career options. • Go through a complete and flexible high school curriculum that can be presented in one or more years of instruction. • Meet state and national standards in dance education and learn from a pedagogically sound scope and sequence that allow them to address 21st-century learning goals. • Use Spotlight and Did You Know? special elements that will enhance the learning experience and connect studio learning to the real world of dance. Experiencing Dance will help students engage in movement experiences as they learn and apply dance concepts through written, oral, and media assignments. These assignments help them gain a perspective of dance as an art form and provide the content for students to develop interactive dance portfolios. The text contains 15 chapters in five units. Each chapter offers at least three lessons, each containing the following material: • Move It! introduces students, through a movement experience, to a lesson concept. • Vocabulary provides definitions of key terms. • Curtain Up offers background information to help students understand lesson topics and concepts. • Take the Stage presents dance-related assignments for students to produce and share. • Take a Bow engages students in response, evaluation, and revision activities to process their work and concepts presented in the chapter. Each lesson includes Spotlight and Did You Know? special elements that help students extend their learning and deepen their understanding of historical and cultural facts and prominent dancers, dance companies, and professionals in careers related to dance. Each chapter includes a chapter review quiz. Quizzes incorporate true-or-false, short-answer, and matching answer questions. Finally, each chapter ends with a capstone assignment. Students will delve into major topics such as these: • Identifying your movement potential as a dancer • Understanding dance science and its application through studying basic anatomy and injury prevention in relation to dance training • Developing proper warm-ups and cool-downs and integrating fitness principles and nutrition information into healthy dancing practices • Expressing through various dance styles and forms the roles of the dancer, the historical and cultural heritage of the dance, and the dance’s connections to community and society • Developing and performing dance studies and choreography in a variety of styles and forms and then producing the dance using production elements for a variety of settings • Preparing for a future as a dancer, choreographer, or a career that is otherwise connected to dance • Advocating for dance in your community and beyond The text is bolstered by web resources for both students and teachers. These resources enhance the students’ learning experience while enabling teachers to prepare for, conduct, and manage their classes. The student web resource contains these features: • Journaling prompts • Extended learning activities • Web search suggestions for further research • Worksheets and assignments to either print out or complete online (via editable Word files) • Interactive chapter review quizzes (these are completed online and students get immediate feedback) • Video clips • Vocabulary terms with and without definitions to aid in self-quizzing and review The teacher web resource contains everything that is on the student web resource, plus the following: • A printable full-color poster for the classroom • PowerPoint presentations for each chapter • Answer keys for worksheets and quizzes • A full electronic version of the student textbook In addition, Experiencing Dance is available in both print and interactive iBook versions. The iBook version has embedded chapter-opening and instructional video clips as well as interactive quizzes (in which students immediately receive feedback on their answers). This updated text, with its solid instruction and comprehensive lessons, new resources, and extended learning experiences, will help students at levels II, III, and IV increase their understanding of, expertise in, and enjoyment of dance.

The Dancer’s Body

A text and reference book on the anatomy and medical aspects of dance. The author is an internationally renowned expert on dance injuries and related medical issues.
Dance Anatomy—2nd Edition

With an integrated text and video combination, Dance Anatomy and Kinesiology, 2nd Edition (Enhanced Version), provides 20 video clips to provide visual aids for selected tests, alignment identification, conditioning exercises, and technique considerations. The new second edition of Dance Anatomy and Kinesiology builds on the success of the first edition by retaining its scientific perspective while making the material more accessible to students and teachers. What’s New? · A suite of online instructor and student ancillaries to support the text · An improved organization that will help teachers better cover the content in their courses · A reduction of the scientific depth to produce a more reader-friendly book that focuses on the musculoskeletal anatomy and kinesiology that dancers need to know · Graphics, photos, and anatomical illustrations that demonstrate muscle movements and technique considerations and set the book apart from others in its field

Primary Focus While much is new in this second edition, Clippinger retains her emphasis on presenting the anatomical and kinesiological material that is essential for dancers to understand. The text includes descriptions of joint structure, key muscles, common alignment problems, select joint mechanics, and movement analysis and includes sample strength and flexibility exercises for each region of the body. Accessible to a Wider Audience Clippinger has made this second edition more engaging to a wider audience and narrowed the scope of the material so it can be more readily covered in a single undergraduate course. And while many of the text examples are dance-specific, its applied nature and its many illustrations make it a great reference for Pilates, yoga, and fitness instructors as well as dance educators and dedicated dancers. This new edition will give teachers a clearer picture of the anatomical and kinesiological factors that aid in generating technique cues and identifying technique problems. It will provide dancers with a better understanding of overcoming technique challenges and preventing injuries. With a solid grounding in the sciences, along with the art and accessible text, the enhanced version of Dance Anatomy and Kinesiology, 2nd Edition will help teachers become more effective and empower dancers to realize their potential and artistic vision.

Dance Composition Basics

Aimed at advanced dancers, this book discusses classical ballet’s basic concepts, techniques, and movements

Conditioning for Dance

Suitable for dance teachers and students, as well as for dance professionals, this text covers the basic anatomical and biomechanical principles that apply to optimal performance in dance. Focusing on skeletal and muscular systems, it provides the understanding needed to improve movement and reduce injuries.

Introduction to Sports Biomechanics

Dancer Wellness, created by the International Association for Dance Medicine & Science, offers guidance on the foundations, mental components, and physical aspects of dancer wellness. Readers will learn concepts and strategies to develop as dancers and to create their own dancer wellness plan.

Dance Imagery for Technique and Performance

From steep inclines to slick terrains, Cycling Anatomy, Second Edition, will ensure you are prepared for every challenge that comes your way. Using the same methods that elite cyclists use, you can employ this well-rounded collection of 89 strength and conditioning exercises to maximize cycling power, speed, and endurance to improve your cycling performance. Each exercise includes clear step-by-step descriptions
and full-color anatomical illustrations that highlight the primary muscle being used. You’ll find dozens of variations that use a wide range of training equipment so you can modify exercises to target specific areas, and minimize common cycling injuries. The Cycling Focus section of each exercise includes illustrations of the active muscles involved in cornering, climbing, descending, and sprinting to show you how the exercises are fundamentally linked to delivering maximum power to the pedals. Using tried-and-true strength training principles for all parts of the body, Cycling Anatomy will help you develop a training plan based on your individual needs and goals. Whether you’re training for an upcoming century ride or just want to top that killer hill with strength to spare, Cycling Anatomy will help you reach top performance, avoid injury, and ensure you get the most out of every ride. CE exam available! For certified professionals, a companion continuing education exam can be completed after reading this book. Cycling Anatomy, Second Edition Online CE Exam, may be purchased separately or as part of the Cycling Anatomy, Second Edition With CE Exam, package that includes both the book and the exam.

Triathlon Anatomy

A complete guide to the common foot injuries of dancers in ballet, modern, jazz, and aerobic dance. Includes information for dance students, professionals, and teachers. Covers basic foot anatomy and has an alphabetical listing of injuries with recommended treatments.

Dance Anatomy—2nd Edition

A completely updated and re-designed edition of this classic book for dancers.

Pilates Anatomy

Based on the latest scientific research, Dancing Longer, Dancing Stronger offers a complete conditioning program to help dancers improve technique and lessen the danger of injury. By presenting general principles of injury prevention as well as specific exercises for increasing strength and flexibility, the book provides information that dancers of all ages and skill levels can use to improve performance. Common problems are discussed in a question and answer format. It also gives a thorough overview of anatomy and exercise physiology.

Dance Wellness

See your tennis game as you never have before. See what it takes to improve consistency and performance on the court. Tennis Anatomy will show you how to ace the competition by increasing strength, speed, and agility for more powerful serves and more accurate shots. Tennis Anatomy includes more than 72 of the most effective exercises, each with step-by-step descriptions and full-color anatomical illustrations highlighting muscles in action. Tennis Anatomy goes beyond exercises by placing you on the baseline, at the net, and on the service line. Illustrations of the active muscles for forehands, backhands, volleys, and serves show you how each exercise is fundamentally linked to tennis performance. You’ll also learn how exercises can be modified to target specific areas, improve your skills, and minimize common tennis injuries. Best of all, you’ll learn how to put it all together to develop a training program based on your individual needs and goals. Whether you’re a serve and volleyer, baseliner, or all-court player, Tennis Anatomy will ensure that you step onto the court ready to dominate any opponent.

Choreography

anatomical illustrations for 74 exercises, you will see how to strengthen muscles and increase stamina to conquer each leg of this demanding sport.

Cycling Anatomy

History of Dance, Second Edition, offers readers a panoramic view of dance from prehistory to the present. The text covers the dance forms, designs, artists, costumes, performing spaces, and accompaniments throughout the centuries and around the globe. Its investigative approach engages students in assignments and web projects that reinforce the learning from the text, and its ancillaries for both teachers and students make it easy for students to perceive, create, and respond to the history of dance. New to This Edition History of Dance retains its strong foundations from the first edition while adding these new and improved features: • An instructor guide with media literacy assignments, teaching tips, strategies for finding historical videos, and more • A test bank with hundreds of questions for creating tests and quizzes • A presentation package with hundreds of slides that present key points and graphics • A web resource with activities, extensions of chapter content, annotated links to useful websites, and study aids • Developing a Deeper Perspective assignments that encourage students to use visual or aesthetic scanning, learn and perform period dances, observe and write performance reports, develop research projects and WebQuests (Internet-based research projects), and participate in other learning activities • Experiential learning activities that help students dig deeper into the history of dance, dancers, and significant dance works and literature • Eye-catching full-color interior that adds visual appeal and brings the content to life Also new to this edition is a chapter entitled “Global Interactions: 2000–2016,” which examines dance in the 21st century. Resources and Activities The web resources and experiential learning activities promote student-centered learning and help students develop critical thinking and investigative skills. Teachers can use the experiential learning activities as extended projects to help apply the information and to use technology to make the history of dance more meaningful.

Three Parts History of Dance is presented in three parts. Part I covers early dance history, beginning with prehistoric times and moving through ancient civilizations in Greece, Crete, Egypt, and Rome and up to the Renaissance. Part II explores dance from the Renaissance to the 20th century, including a chapter on dance in the United States from the 17th through 19th centuries. Part III unfolds the evolution of American dance from the 20th century to the present, examining imported influences, emerging modern dance and ballet, and new directions for both American ballet and modern dance. Chapters Each chapter focuses on the dancers and choreographers, the dances, and significant dance works and literature from the time period. Students will learn how dance design has changed through the ages and how new dance genres, forms, and styles have emerged and continue to emerge. The chapters also include special features, such as History Highlight sidebars and Time Capsule charts, to help students place dancers, events, and facts in their proper context and perspective. Vocabulary words appear at the end of each chapter, as do questions that prompt review of the chapter’s important information. The text is reader-friendly and current, and it is supported by the national standards in dance, arts education, social studies, and technology education. Through History of Dance, students will acquire a well-rounded view of dance from the dawn of time to the present day. This influential text offers students a foundation for understanding and a springboard for studying dance in the 21st century.

The Dancer's Foot Book

Conditioning for Dance features 170 imagery illustrations paired with 160 dance-specific exercises to help you maximize body-mind conditioning. The book culminates with a 20-minute, full-body workout routine designed to help you warm up, condition, and refine your dance technique.

Fundamentals of Hand Therapy

Dance Anatomy is a visually stunning presentation of more than 100 of the most effective dance, movement, and performance exercises, each designed to promote correct alignment, improved placement, proper breathing, and prevention of common injuries.
Dance Anatomy and Kinesiology

High-Powered Plyometrics presents exercises and programs used by today’s top athletes, coaches, and conditioning experts for development of explosive power, strength, and speed. Along with exclusive access to an online video library, it features 23 programs for 21 sports and the latest training methods, equipment, and assessments as well as 79 exercises for increasing power.

Dynamic Human Anatomy

Emphasizes the development of clinical reasoning skills, describing the components of the evaluation process and addressing how to decide what to evaluate. Covers a broad array of common diagnoses seen in hand therapy, including shoulder and elbow disorders, peripheral nerve problems, wrist and hand fractures, tendonitis and tenosynovitis, finger sprains and deformities, tendon injuries, arthritis, burns, infections, ganglion cysts, stiffness, Dupuytrens, -

Stretching Anatomy

A working knowledge of the science of movement can help any dancer achieve the goals of excellent performance and avoidance of injury. For students and others in pursuit of that knowledge, Dance Kinesiology is a comprehensive introduction to the ways muscles and bones work in all types of dance.

High-Powered Plyometrics, 2E

Dynamic Alignment Through Imagery, Second Edition, expands on the classic text and reference written by Eric Franklin, an internationally renowned teacher, dancer, and choreographer who has been sharing his imagery techniques for 25 years. In this new edition, Franklin shows you how to use imagery, touch, and movement exercises to improve your coordination and alignment. These exercises will also help you relieve tension, enhance the health of your spine and back, and prevent back injury. This expanded new edition includes • more than 600 imagery exercises along with nearly 500 illustrations to help you visualize the exercises and use them in various contexts; • audio files for dynamic imagery exercises set to music and posted online to the book’s product page; and • updated chapters throughout the book, including new material on integrated dynamic alignment exercises and dynamic alignment and imagery. This book will help you discover your natural flexibility and quickly increase your power to move. You’ll learn elements of body design. You’ll explore how to use imagery to improve your confidence, and you’ll discover imagery conditioning programs that will lead you toward better alignment, safer movement, increased fitness, and greater joy. Further, you’ll examine how to apply this understanding to your discipline or training to improve your performance. Dynamic Alignment Through Imagery, Second Edition, will help you experience the biomechanical and anatomical principles that are crucial to dancers, other performing artists, yoga and Pilates teachers and practitioners, and athletes. The techniques and exercises presented in the book will guide you in improving your posture—and they will positively affect your thoughts and attitude about yourself and others and help you feel and move better both mentally and physically.

Conditioning for Dance

In this second edition of her groundbreaking book, Dr. Joan Lachkar addresses the ever-changing faces and phases of narcissism within the context of marital therapy and discusses the new developments in the treatment of marital conflict. Drawing from many different theoretical frameworks, mainly self-psychology (Kohut) and object relations (Klein), the works of D.W, Winnicott, and Kernberg are expanded to further explain why couples stay in painful, conflictual, never-ending relationships (traumatic bonding). The new chapters, case illustrations, and
updated treatment sequences are invaluable to both beginning and experienced clinicians. The Narcissistic / Borderline Couple is an essential text for every marital therapist, offering an improved understanding of marital pathology within the framework of our changing world.

**Anatomy, Dance Technique and Injury Prevention**

**Brain-Compatible Dance Education 2nd Edition**

Take a detailed look at your Pilates practice with the superbly illustrated exercises in *Pilates Anatomy, Second Edition*. Choose from 46 exercises to target a particular body region and delve deeper to stretch, strengthen, and finely coordinate specific muscles. See which key muscles are activated, how variations and minor adjustments can influence effectiveness, and how breathing, alignment, and movement are all fundamentally linked as you work to tone the body, stabilize the core, improve balance, and increase flexibility. Use the Personalize Your Practice section for each exercise to vary your practice and customize your workouts to fit your needs. Here you’ll find modifications to make each exercise more accessible when there are limitations such as tight hamstrings or underdeveloped core strength. Variations provide variety, and progressions are offered to add more challenge to each exercise and serve as valuable stepping stones on your journey to more advanced Pilates exercise. Also included are techniques for breathing, concentration, and self-awareness, providing a unique exercise experience that enhances your body and your mind. Whether you are just beginning to explore the beauty and benefits of Pilates or have been practicing for years, Pilates Anatomy is a one-of-a-kind resource that you’ll refer to again and again. CE exam available! For certified professionals, a companion continuing education exam can be completed after reading this book. Pilates Anatomy, Second Edition Online CE Exam, may be purchased separately or as part of the Pilates Anatomy, Second Edition With CE Exam, package that includes both the book and the exam.

**Dance Teaching Methods and Curriculum Design**

Boasting 100 exercises and 104 variations, the new edition of *Bodybuilding Anatomy* is the ultimate guide to gaining mass and sculpting your physique. It features step-by-step instruction and 141 full-color anatomical illustrations, including the most popular competitive poses, and recommendations to modify and individualize programming for specific needs.

**Dynamic Alignment Through Imagery**

Dance Technique and Injury Prevention has established itself as the key reference for everyone involved in dance injury and treatment, physical therapy, and dance instruction.

**Dance Anatomy—2nd Edition**

*Dynamic Human Anatomy, Second Edition With Web Study Guide,* is back—with a new title, significant new material and learning aids, and the same goals: to cover concepts not found in traditional anatomy texts and to help students apply those concepts. Formerly titled *Dynatomy*, the new edition of this introductory to upper-level biomechanics and anatomy text sets itself apart from other texts in this field by connecting biomechanical principles with applications in sports and dance, strength training, work settings, and clinical settings. *Dynamic Human Anatomy* offers applied dance- and sport-specific information on how the body performs dynamic movement, providing students an understanding of the body’s structure and function as it explores the elegance and complexity of the body’s functional movement anatomy. New
Tools and Learning Aids Dynamic Human Anatomy comes with many tools and learning aids, including a web study guide and new instructor resources, each featuring new material and tools. The web study guide offers the following: • Tables that indicate articulations for the spine and upper and lower extremities • Tables that list the origin, insertion, action, and innervation for all major muscle groups • Practice problems that allow students to apply the muscle control formula discussed in chapter 6 • Critical thinking questions The instructor resources include: • A presentation package with slides that present the key concepts from the text and can be used for class discussion and demonstration • An image bank that includes the figures and tables from the book to develop a custom presentation • An instructor guide that includes a sample syllabus, chapter summaries, lecture outlines, ideas for additional assignments, and answers to the critical thinking questions presented in the web study guide • A test package that includes 330 questions Dynamic Human Anatomy also offers a full-color design and learning aids that include an updated glossary, chapter objectives, summaries, and suggested readings. Each chapter has Applying the Concept sidebars, which provide practical examples of concepts, and Research in Mechanics sidebars, which highlight recent research in biomechanics and human movement. Organized Into Four Parts Dynamic Human Anatomy is organized into four parts. Part I provides a concise review of relevant anatomical information and neuromechanical concepts. It covers the dynamics of human movement, the essentials of anatomical structure and the organization of the skeletal system. Part II details the essentials of a dynamic approach to movement, including a review of mechanical concepts essential to understanding human movement, the muscle control formula, and topics relevant to movement assessment. In part III, the focus is on fundamental movements as the chapters examine posture and balance, gait, and basic movement patterns. Part IV explores movement–related aspects for strength and conditioning applications, sport and dance applications, clinical applications, and ergonomic applications. Brings Anatomy to Life Dynamic Human Anatomy, Second Edition, explores the potential of the human body to express itself through movement, making it a highly valuable text for students who have taken, or are taking, introductory anatomy and who need a more detailed exposure to concepts in human movement anatomy.

Classical Ballet Technique

Written by a physicist with professional dance training, Physics and the Art of Dance explains how dancers can achieve better, safer performances through an understanding of physics in motion. Using simple, non-technical terms, Kenneth Laws combines his knowledge of both physics and dance to describe how the laws of gravity, momentum, and energy affect dancing bodies. The book explores the natural laws that govern the subtleties of balance, the techniques of leaps and pirouettes, and the impressive lifts and turns executed by ballet partners. Finally, Laws offers insight into two current discussions in the dance world— the effect of body size on ballet technique, and the relationship between science and the art of dance. Beautiful, original stop-action photographs by Martha Swope, along with clear diagrams, illustrate the concepts described in the text. Plus, an intriguing "puzzler" at the beginning of each chapter provides an engaging entrée into the topics presented. For those who want a more advanced understanding of the physics, extensive appendices are provided. This new book combines the best features of Laws's widely acclaimed The Physics of Dance and Physics, Dance, and the Pas de Deux by Laws and Cynthia Harvey. Its expert application of the basic principles of physics to the art of dance will be an invaluable resource for dancers and dance instructors and will open a new level of appreciation for lovers of the form. It will also appeal to physicists who seek to include the arts in their scientific pursuits.

Basic Principles of Classical Ballet

Choreography is the highly creative process of interpreting and coordinating movement, music and space in performance. By tracing different facets of development and exploring the essential artistic and practical skills of the choreographer, this book offers unique insights for apprentice dance makers. With key concepts and ideas expressed through an accessible writing style, the creative tasks and frameworks offered will develop new curiosity, understanding, skill and confidence. The chapters cover the key areas of engagement including what is a choreographer; getting started; improvisation and ideas; context, stage geometry and atmosphere; movement as dance in time and space; solo, duet, trio and group choreography and finally, structure and the 'choreographic eye'. This is an ideal companion for dancers and dance
students wanting to express their ideas through choreography and develop their skills to effectively articulate them in performance. It is superbly illustrated with 143 practical colour and black & white photographs and diagrams. Kate Flatt has over forty years’ experience as a choreographer, mentor and teacher.

**Dance Kinesiology**

Discusses all basic principles of ballet, grouping movement by fundamental types. Diagrams show clearly the exact foot, leg, arm, and body positions for the proper execution of many steps and movements. 118 illustrations.

**The Narcissistic / Borderline Couple**

With 156 detailed, full-color anatomical illustrations, Golf Anatomy, Second Edition, depicts 72 exercises proven to improve strength, power, and range of motion. Golfers will add distance to drives, consistency to the short game, and accuracy to putts.

Copyright code : f7bab97864d28e2aeff89196ae339416