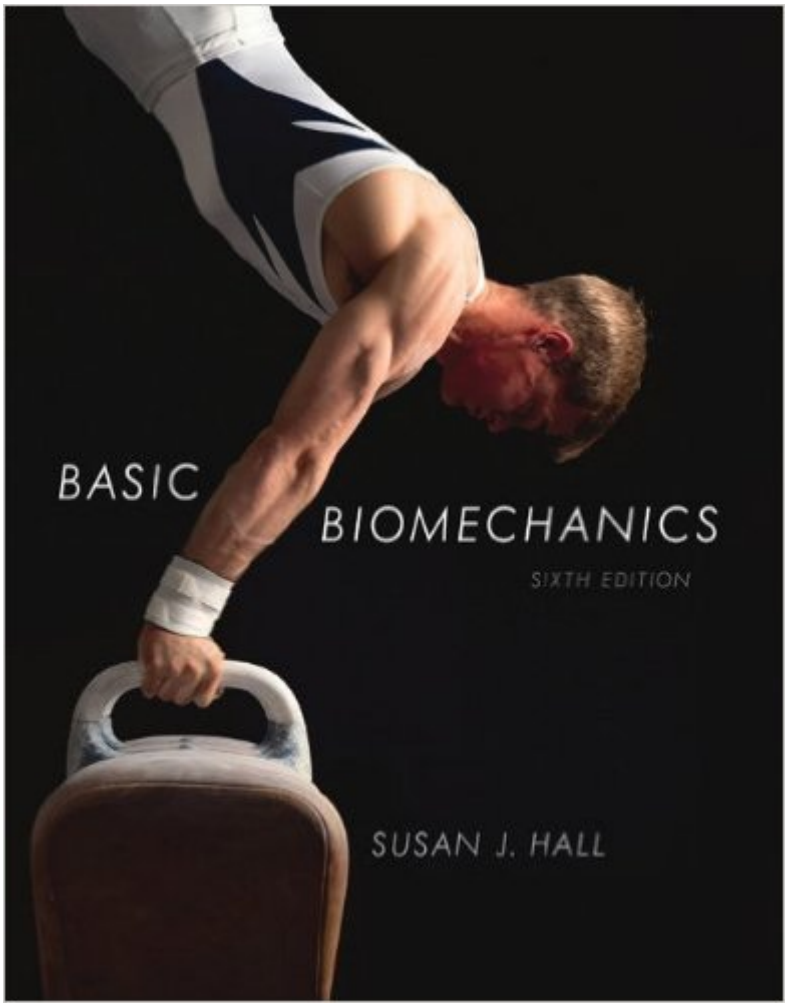
Basic Biomechanics



Synopsis

Basic Biomechanics provides balanced coverage of anatomical structure, biomechanics, and applications, as recommended by the Biomechanics Academy of AAHPERD. Numerous applications from sport, ergonomics, and daily living-both qualitative and quantitativeâ ”help demonstrate the relevance of biomechanical principles beyond elite sports performance and into everyday life. The quantitative aspects of biomechanics are presented in a manageable, progressive fashion, and a mathematics appendix helps make the material accessible to all students, regardless of mathematical skill level.

Book Information

Paperback: 560 pages
Publisher: McGraw-Hill Humanities/Social Sciences/Languages; 6 edition (June 22, 2011)
Language: English
ISBN-10: 0073376442
ISBN-13: 978-0073376448
Product Dimensions: 8.8 x 0.9 x 10.9 inches
Shipping Weight: 2.5 pounds
Average Customer Review: 4.0 out of 5 starsÂ Â See all reviewsÂ (21 customer reviews)
Best Sellers Rank: #45,754 in Books (See Top 100 in Books) #6 inÂ Books > Science & Math > Biological Sciences > Biophysics #16 inÂ Books > Science & Math > Physics > Mechanics #23 inÂ Books > Textbooks > Medicine & Health Sciences > Medicine > Clinical > Sports Medicine

Customer Reviews

The book covers both the anatomy and the mechanics of the human body. The mechanics is rather basic but suitable for undergaduates who have not taken a proper course in engineering mechanics. The materials on anatomy are well presented. The book gives a good introduction of the application of engineering mechanics to the analysis of the human body mechanical systems. I have recommended this as a text for my first year (second semester) biomedical engineering students. Very suitable for students who have followed a basic course in anatomy and high school mathematics.

I hate this book!!! The material could be presented in a more logical order. The problems and examples are good in that they typify the math, but terrible in that they oversimplify or ignore the fact that we’re supposed to be learning human biomechanics. For example the number of problems that

involve orienteering (a person walks 3 miles north then 5 miles west . . . .) it is just plain ridiculous. There is no coverage of measurement techniques like video analysis or EMG or force platforms. There is minimal coverage of human movement, like gait analysis, running or lifting technique, there is only generic coverage of injury mechanisms or application to rehabilitation, not enough to be of value to future physical therapists, athletic trainers, and kinesiologists. The basic kinesiology presented within the text is fine but very superficial (It is certainly not a complete kinesiology text either). Bottom-line: You will not really learn human BIOMECHANICS with this book. It is written at a very low level and is easy to read so I give it a two for that reason. It seems mostly like a watered down physics textbook It would be entirely appropriate for high school students, but a serious college student should find a higher quality text.

I am a disabled Martial Arts Instructor and wish to enhance students' understanding (and sharpen my own). It helps having these educational references.This reference/study book is one of the best ever written..very thorough and academically organized.

great companion for my online class - easy to follow, well organized text and some of the problems are entertaining

Okay book. Sometimes it is difficult to understand the material as it does not explain it very well for students learning the material. I little above my head sometimes.

Works just as good as the new edition. It's considered a text book thus it's rather boring, but it provides a lot of needed information for classes such as Kinesiology

I ordered this book for college, and was greeted with a completely different book. Now i have to return and purchase this one all over again

The book met my expectation and my needs. Very nice condition it looks like new. I would recommend the book to others.

Lower Extremities, 1e Biomechanics in Clinic and Research: An interactive teaching and learning course, 1e Mosby's Essential Sciences for Therapeutic Massage: Anatomy, Physiology, Biomechanics, and Pathology, 4e (On the Spot) Aligner Orthodontics: Diagnostics, Biomechanics, Planning and Treatment Biomechanics in Orthodontics: Principles and Practice Esthetics and Biomechanics in Orthodontics, 2e Biomechanics and Esthetic Strategies in Clinical Orthodontics Fundamentals of Biomechanics: Equilibrium, Motion, and Deformation Biomechanics and Physical Training of the Horse Basic Colored Pencil Techniques (Basic Techniques) Alfred's Basic Piano Prep Course Lesson Book Level A (Alfred's Basic Piano Library) Alfred's Basic Piano Prep Course Theory, Bk A: For the Young Beginner (Alfred's Basic Piano Library) Alfred's Basic Piano Prep Course Lesson Book, Bk B: For the Young Beginner (Alfred's Basic Piano Library) Alfred's Basic Guitar Method, Bk 1: The Most Popular Method for Learning How to Play, Book & Online Audio (Alfred's Basic Guitar Library) Basic Live Sound (The Basic Series)