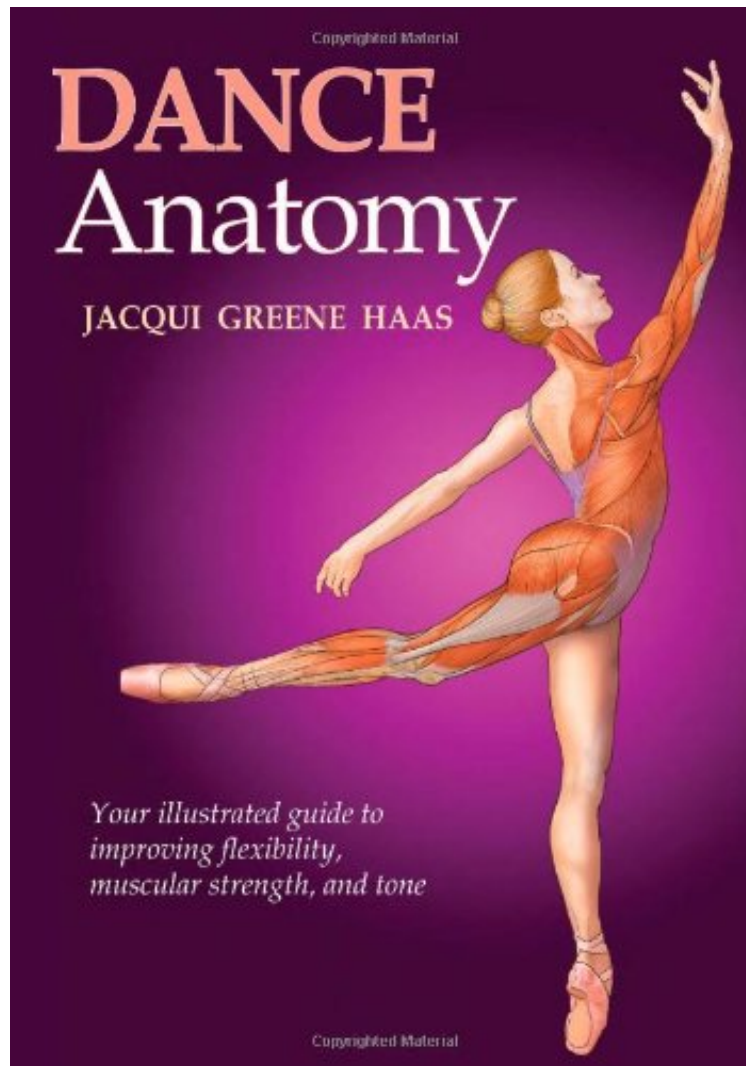


(Ebook pdf) Dance Anatomy (Sports Anatomy)

Dance Anatomy (Sports Anatomy)

Jacqui Greene Haas

**Download PDF | ePub | DOC | audiobook | ebooks*



[Download](#)

[Read Online](#)

#45151 in Books Jacqui Haas 2010-03-12Original language:EnglishPDF # 1 10.50 x 7.25 x .751, 1.10 #File Name: 0736081933208 pagesDance Anatomy | File size: 37.Mb

Jacqui Greene Haas : Dance Anatomy (Sports Anatomy) before purchasing it in order to gage whether or not it would be worth my time, and all praised Dance Anatomy (Sports Anatomy):

5 of 5 people found the following review helpful. Must have for students and teachers!By Ruler SophieGreat book. Very well written with many warm up techniques are for use not only in dance but for yoga too. My students in yoga have been loving the core warm ups that I added from here. This week will add some of the hamstring ones. Very detailed use of muscles and bone structure. A must have for intelligent students and teachers that care about the longevity of their students and bodies. I don't always agree with the way she uses breath because it is often contrary to what I learned in yoga certification so I do what feels better and right for me.3 of 3 people found the following review

helpful. Easy to read and understand
By Liz
This is exactly what I wanted. It has a chapter that describes the various body parts with practical exercises for each. Great information for someone hoping to prevent injury whether they are a pro or a social dancer. I also think this is a great resource for teachers to better address individual students if they are having issues with a specific body area or injury. I am a partner dancer and found this information immensely helpful in my own dance practices as well as with friends and students.
6 of 6 people found the following review helpful. Great anatomy overview for dance students
By Macchiabella
I've been taking an adult ballet class for about a year and a half with minimal no previous ballet experience and this book has been incredibly helpful in clearly presenting the muscle groups of the body and how the body works while dancing. While none of the strengthening exercises or stretches are new to me (I've been an athlete a long time and practice yoga and Pilates regularly) it was nice to see how the exercises and stretches work each muscle group and what ballet movements those muscle groups are used for. I have recommended this book to my fellow adult ballet classmates and they seem to be enjoying it as well.

Powerful, expressive, and compelling! Now you can see what it takes to be a stronger, more elegant dancer. Featuring over 200 full-color illustrations, *Dance Anatomy* visually depicts the unique relationship between muscle development and aesthetic movement as never before. *Dance Anatomy* features 82 of the most effective dance, movement, and performance exercises, each designed to promote perfect alignment, improved placement, proper breathing, and prevention of common injuries. In stunning detail, the accompanying illustration captures the dancer in motion and highlights the active muscles associated with each movement. You'll learn how to modify exercises to target specific areas to enhance flexibility and reduce muscle tension. You'll also learn to put it all together to personalize a program based on your style of dance, level of expertise, and individual needs and goals. Whether you seek to optimize performance, add a new movement to your repertoire, or minimize muscle fatigue, stress, and injury, *Dance Anatomy* is your perfect partner.

Jacqui Haas covers all the basics that dancers should know about the incredible instrument that is the human body. *Dance Anatomy* is well written, informative, and full of creative ways to keep dancers healthy and dancing to their full potential! Marika Molnar, PT, LAc
Dance Anatomy brings to life the relationship between muscle development and dancing. It is a must-read for every dancer. Victoria Morgan
Artistic Director and CEO
Cincinnati Ballet
About the Author
Jacqui Greene Haas has been the athletic trainer for the Cincinnati Ballet since 1989, is the director of dance medicine academic seminars (www.dancemedicine.net), and is the director of the dance medicine division of Wellington Orthopedics in Cincinnati, Ohio, where she treats dancers in physical therapy, postsurgical rehabilitation, and general conditioning. A former professional ballet dancer with Boston Ballet, Southern Ballet Theatre, Tampa Ballet, New Orleans Ballet, and Cincinnati Ballet, Jacqui holds a BA in dance from the University of South Florida and an athletic training certificate from the University of Cincinnati. She also has a certificate in Pilates instruction from St. Francis Memorial Hospital dance division in San Francisco and a certificate in Pilates rehabilitation from Polestar Education in Miami, Florida. She has developed injury-prevention programs for numerous dance studios as well as the McGing Irish Dancers, the School for Creative and Performing Arts, and the University of Cincinnati dance department. Jacqui is a frequent presenter, speaking to dancers, instructors, and health care practitioners, including presentations at the International Association of Dance Medicine and Science and the National Athletic Trainers Association conferences. She has been published in *Dance* magazine and *Advance Rehabilitation* magazine.