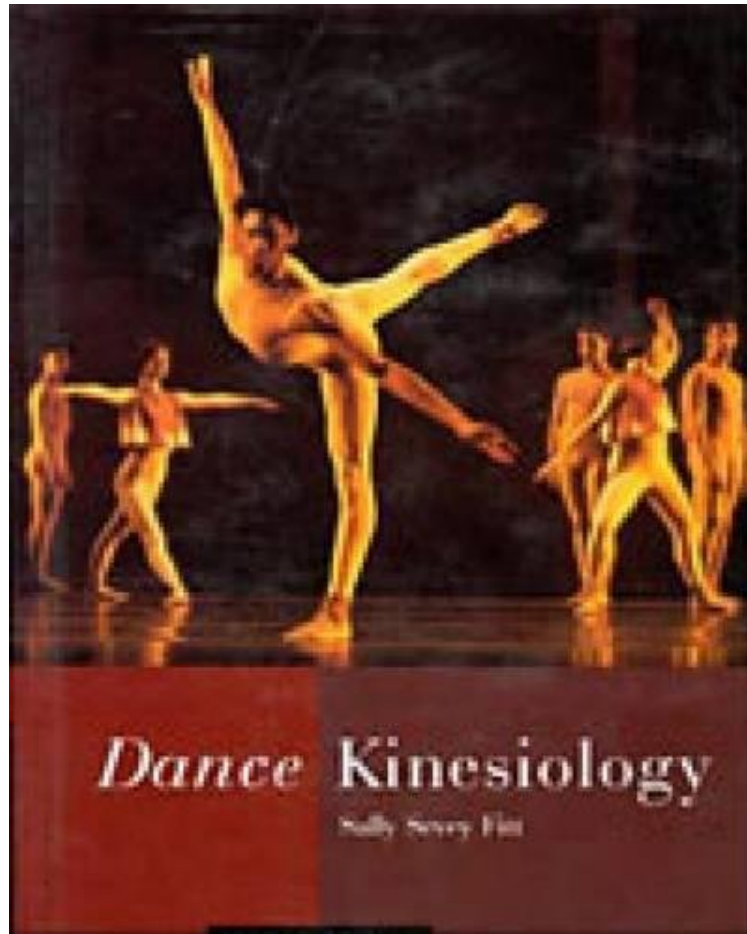


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Dance Kinesiology, Second Edition

Sally Sevey Fitt

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instructions and dropped the book in a mail box. I was able to track it from the label, saw when it was accepted back, and within just a matter of days, I received confirmation that the rental was closed! So easy and effortless! I highly recommend using this service!!!!!!0 of 0 people found the following review helpful. Fitt's text is a remarkably broad and enjoyable introduction to kinesiology for dancersBy 52ManI have read a few dance kinesiology texts. I ENJOY reading Sally Fitts book - it is on my nightstand and I LOOK FORWARD to reading a few more pages each night. I look for breadth of exposure in an introductory kinesiology text, and Fitt's text has been outstanding in this regard. More depth from other sources is necessary for depth of understanding in many areas, but this is a remarkable (perhaps my favorite) introduction to the subject material.

Dance Kinesiology reflects modern techniques and includes articles addressing eight important systems of body work: the Pilates Method, Rolfing, the Feldenkrais Method, the Alexander Technique, Ideokinesis, Body-Mind Centering, the Bartenieff Fundamentals, and Laban Movement Analysis.

Preface. SECTION 1: THE SCIENCE OF MOTION IN SUPPORT OF THE ART OF DANCE. 1. Domain of Dance Kinesiology. SECTION TWO: THE SKELETAL SYSTEM. 2. Overview of the Skeletal System. 3. Foot and Leg. 4. Pelvis and Spine. 5. Scapula and Humerus. 6. Radius, Ulna, and Hand. SECTION THREE: THE MUSCULAR SYSTEM. 7. Overview of the Muscular System. 8. Muscles of the Toes, the Tarsus, and the Ankle. 9. Muscles of the Knee and Hip. 10. Muscles of the Torso and the Neck. 11. Muscles of the Scapula and the Shoulder. 12. Muscles of the Elbow, Radio-Ulnar Joints, Wrist, and Hand. 13. Misalignments and Muscular Imbalances Common in Dance. SECTION FOUR: PHYSIOLOGICAL CONSIDERATIONS FOR DANCERS. 14. Physiological Support Systems. 15. Body Types. 16. Movement Behavior. SECTION FIVE: WELLNESS FOR DANCERS. 17. Somatics, Relaxation, and Efficiency. 18. Prevention of Dance Injuries. 19. Conditioning for Dancers. 20. Weight Management. SECTION SIX: CONCLUSION AND APPLICATIONS. 21. Enhancing Performance. 22. Applications of Dance Kinesiology. References. Contributors to the Second Edition. Index.