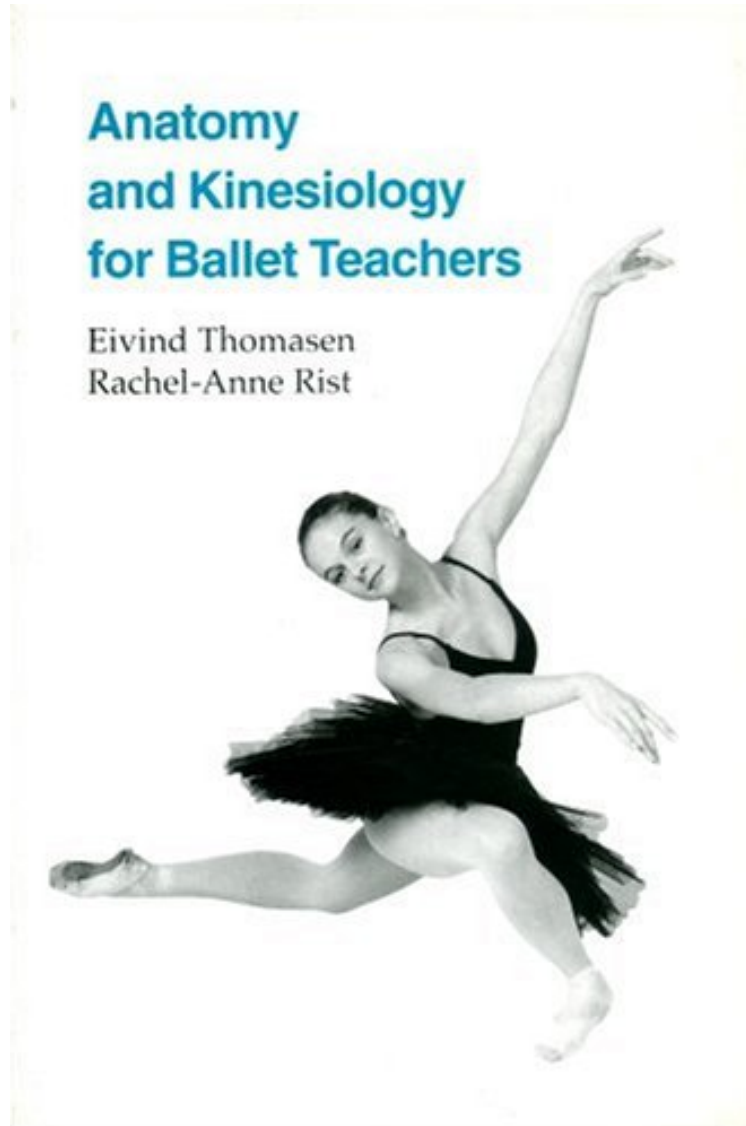


Anatomy and Kinesiology for Ballet Teachers

Eivind Thomasen, Rachel-Anne Rist
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Eivind Thomasen, Rachel-Anne Rist : Anatomy and Kinesiology for Ballet Teachers before purchasing it in order to gage whether or not it would be worth my time, and all praised Anatomy and Kinesiology for Ballet Teachers:

18 of 21 people found the following review helpful. The truth about Anatomy and Kinesiology for Ballet TeachersBy A CustomerAnatomy and Kinesiology for Ballet Teachers is one of the most excellent resource books that I have come across in a long time. Not only did I gain newfound knowledge about the human body, but my students began to learn about the body as well. Recommended reading for any teacher of the dance.

An introductory book on the areas of anatomy and kinesiology that apply to dancers. Written in clear, understandable language, it sets out the basic structures of the human body and shows their interactions. The scientific information is applied to functions of dancing such as stretching, breathing, balance, warming up, training effect, and growth spurts.

From the Back Cover This introductory textbook looks at anatomy and kinesiology from the dancer's point of view. It begins by setting out the basic structures of the human body - bone, muscle, joints and nervous tissue - and then goes on to show how they interact to form anatomical systems. Finally it considers how these systems function in the dance class, addressing issues such as stretching, breathing, balance, warming up and warming down. Easy to follow, and clearly illustrated with photographs and diagrams, *Anatomy and Kinesiology for Ballet Teachers* will prove invaluable for both teachers and students in all styles of dance.