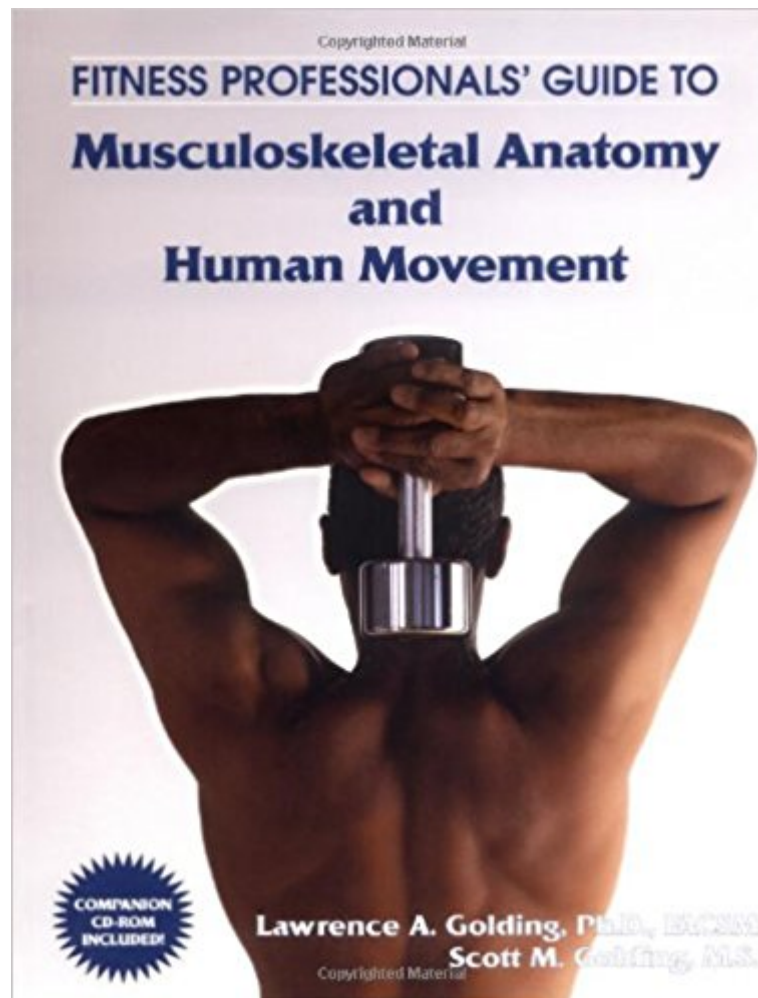




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# Fitness Professionals' Guide To Musculoskeletal Anatomy And Human Movement



## Synopsis

Fitness Professional's Guide to Musculoskeletal Anatomy and Human Movement is a revolution in the field of human movement. Comprehensive and meticulous, this ground-breaking text is ideal for college courses and a must for health and fitness experts, physical therapists, and related professionals. The book uses full color to isolate and illustrate every muscle in the body. And unlike 2-dimensional anatomy posters where such detail would be impossible, each muscle's origin and insertion are shown in detail. Along with the illustrations, you'll find a description of each muscle as well as information on its joint crossings, associated body actions, blood supply, and controlling nerves. Never has learning the muscles and their associated actions and details been easier or more straight-forward. But the free CD-ROM included with each copy of the book is what really makes this resource unique. Developed specifically as a companion to this text, the intuitive and easy-to-use PC CD-ROM applies each of the muscles and body actions described in the book to nearly 300 specific exercises. Each exercise is shown in full-motion video and demonstrated in repeatable, correct form, with complete descriptions, step-by-step instructions, and a list of the body actions used to perform each exercise. By double-clicking on any of the 65 body actions, you'll get a list of each muscle used in that action. Double-click on any of the muscles in the list, and you'll be presented with detailed information about that muscle, complete with a full-color image of the muscle that you can magnify and isolate from the surrounding muscles. It even gives you an audio clip of the correct pronunciation! Another feature of the CD allows you to view over 100 movement related activities, from a field hockey backhand to gardening to rowing a canoe, with corresponding body actions and the same double-click to live action footage and musculoskeletal detail provided for the 300 exercises. The uses of this feature are virtually limitless and can be applied to everything from occupational therapy to ergonomic engineering. The CD also features five four- to seven-minute video lectures by Dr. Golding on muscle basics, anatomy, soreness, and strength. And the CD even allows you to print sixteen different skeleton illustrations for use in muscle placement exercises. It also contains 20 multiple-choice quizzes on various nomenclatures, actions and attachments; these can be taken electronically and scored instantly or printed for use in classroom exercises.

**CD-ROM System Requirements:** The supplemental CD-ROM is for PC based Windows platforms only. System requirements include Windows 95 to Windows XP. It will not work on Windows NT3.51 or Windows NT4 with service Pack 4 or less (though upgrading your NT system may be done easily with free downloads from Microsoft on their website). Other software requirements that generally come pre-loaded with Windows are: Microsoft Data Access Components (MDAC), Jet Database engine, QuickTime 4 video viewer application,

and The Distributed Component Object Module (DCOM95). The program requires 235 MB of hard drive space, 64 MB or more of RAM, and a Pentium class processor of at least 133mhz.

## **Book Information**

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## **Customer Reviews**

Larry Golding, Ph.D., FACSM, has been a professional in the field of kinesiology and physical education for the past 50 years. He has been a continuous member of the American Alliance for Health, Physical Education, Recreation and Dance (AAHPERD) since 1955, and a continuous member of the American College of Sports Medicine since 1961. He holds the highest certifications from ACSM--Program Director, and Health and Fitness Director. Currently, Dr. Golding is a Distinguished University Professor at the University of Nevada, Las Vegas - a rank only held by six other faculty. He has certified over 6,000 Fitness Specialists.

Great deal for a lot of information...can't beat it... Even though the book is older it has a good amount of information regarding strength training and muscle anatomy. For the price I couldn't pass it up. I am studying to be a personal trainer and felt this book would give me some extra information beneficial to future clients and myself. Pages show details of exercise and steps to follow which you don't find all the time.

A topic any fitness professional should have ready access to, in a format that is easy to take in. The initial read felt a bit dry, and difficult to retain. However, the companion cd-rom greatly boosted my retention of the material. The videos and free-form "explore" option were a godsend. "Explore" is a

function on the cd-rom which allows you to get details on muscles, actions, and exercises, and how they interrelate. Finally, the electronic quizzes were a huge help to me. I used them more like one would use flash cards, and repeatedly drilled myself with them.

This book is written by top experts on fitness. It is an essential and comprehensive resource for those who want to become fitness professionals. There is a lot to learn in terms of names of bones, muscles, etc, but that's just the way anatomy is. This book makes it easier by its intelligent organization. The only drawback: I'd heard there were "typo's," and yes there are quite a few. For instance, a whole section of the table of contents is missing. But this is the 2003 edition, and I understand many of these have been caught and corrected in a later edition?? Also see the ACE (American Council on Exercise) website for other resources for aspiring fitness pro's.

Arrived quickly and software was tricky ,but eventually got it to work

Amazingly helpful for studying for the ACE fitness exam! Fast shipping as well. I recommend this textbook for sure. Golding did an excellent job.

very detailed

I'm not a professional but there is a lot of good information here.

Can't we lay out our super informative books like "for dummies"....Maybe that's what I need. I just want to pass a group exercise test...not go be a professional doctor. I know this is a truly educational book...but I wish it was laid out a little more for the non-scientific minds...

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