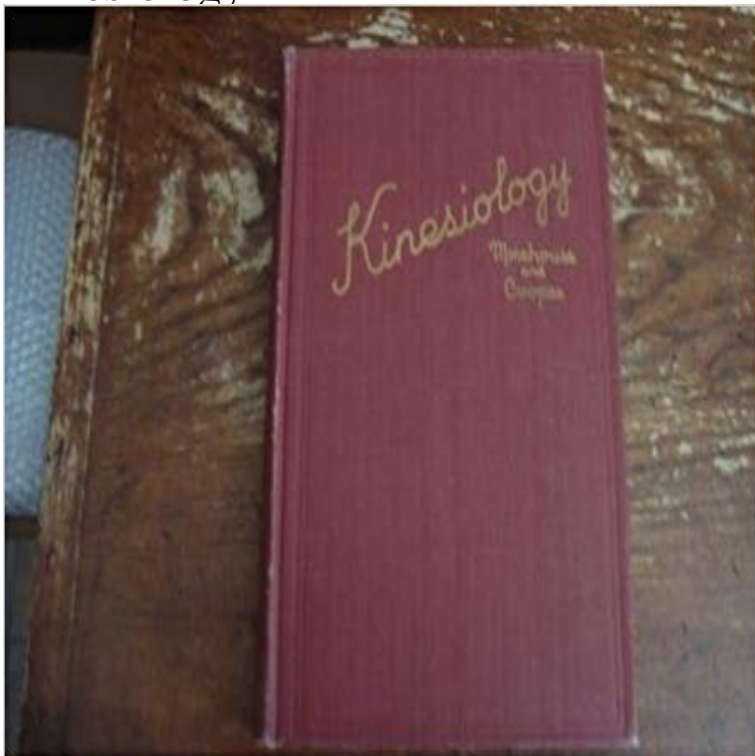


Kinesiology



The purpose of this book is (1) to improve performance in work and sport, and (2) to make work easy and comfortable. The scientific study of body movements was written mainly for students of athletics, physical education, and therapy. It is to be used as source material for the study of body mechanics and methods of teaching physical education and athletic activities. The contents of the book portray normal man in motion and only incidentally are the abnormal or pathological conditions affecting motion discussed. However, the elements of kinesiology necessary for students of the physical, occupational, and corrective therapies, orthopedic surgery and physical medicine are presented.

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