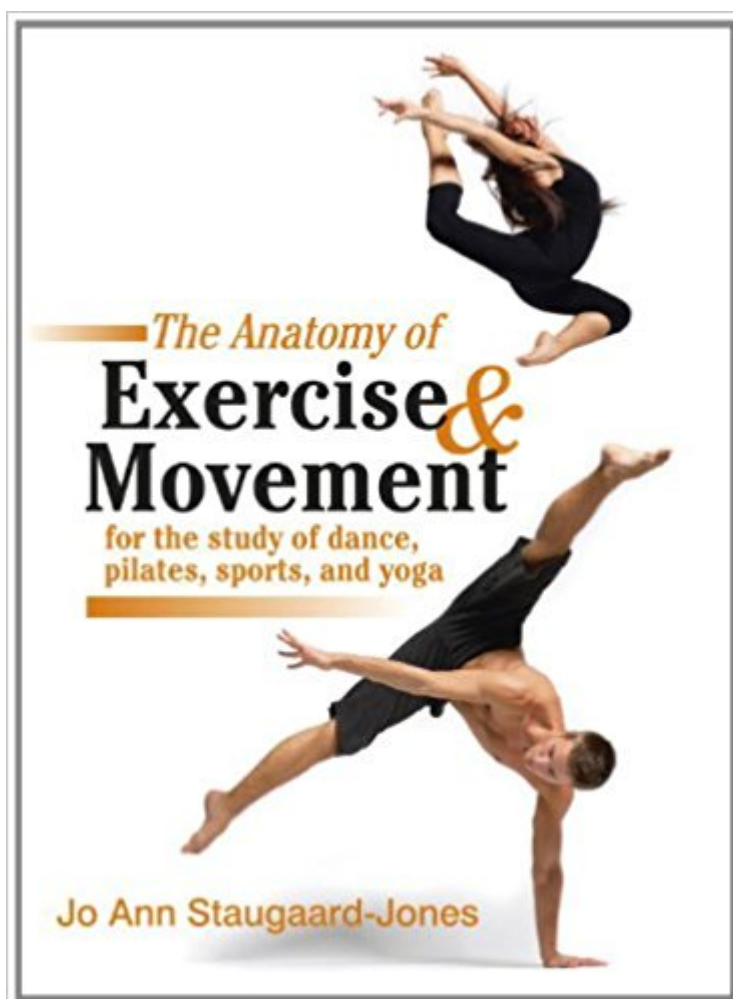


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# The Anatomy Of Exercise And Movement For The Study Of Dance, Pilates, Sports, And Yoga



## Synopsis

Awareness of movement potential, says author Jo Ann Stugaard-Jones, is key to a healthy body and injury prevention. The Anatomy of Exercise & Movement shows readers how to gain that awareness by understanding the biomechanics of movement. In ten chapters, color-coded for easy reference, the author covers all of the major muscle and joint areas, including the spine; core region; shoulder; elbow; wrist and hand; and hip, knee, and ankle/foot joints. Most importantly, each chapter contains strengthening and stretching exercises for all of the above areas. Developed as a handbook, The Anatomy of Exercise & Movement is an accessible resource for anyone who would like to know more about his or her body, how it moves, and what can be done to improve that movement. The more than 275 high-quality, four-color anatomical drawings and the broad scope of muscle and joint groups make this one of the most important guides to the moving body on the market. A helpful Myths page at the end of each chapter debunks many of the misunderstandings and rumors about fitness that have circulated over the years.

## Book Information

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## Customer Reviews

Jo Ann Stugaard-Jones is a professor of kinesiology and dance, and has been teaching for more than 30 years. A certified Pilates and yoga instructor with a master's degree in dance and education, she teaches interactive movement workshops across the U.S. and sponsors international holistic retreats at [www.neatretreats.com](http://www.neatretreats.com). She lives in Andover, NJ.

I was hesitant to order this book, as it purported to be a handbook suitable for pretty much all types

of exercise. How could it be any good, when it tried to be everything? However, after a brief scan, I was relieved to find that the layout and general approach was excellently suitable for all types of exercise, as the book focuses upon specific parts of the body, and does not focus so much upon specifics of exercises. This, coupled with a wry sense of humor: "Since [the Deltoid] is so visible, it is a popular muscle in the weight room." makes this a rarity—a very readable reference book. This reference work assumes no prior knowledge of the intricacies of bones, muscles and other soft tissues, nor even of common definitions when dealing with the musculo-skeletal system, so opens with definitions and illustrations in order that the following discussions will be understandable. I found the first two chapters to be a useful review of the medical terms used in describing the body and the movements of limbs. My next step was to flip through each of the "Myths" sections of the remaining chapters. Staugaard-Jones obviously has some pet peeves, a few of which are listed in these chapters. However, the tone is not one of exasperation, but rather of concern that her work will be useful and helpful. This tone resonates throughout the book. After that, I reviewed the "Shoulders" and the "Hips" sections, as they are relevant to my body. Hmm—I believe I'll modify some of the things I have been doing. I then started over and began to appreciate how the book would be used in classes. I must state up front, that having no medical training, I am not allowed to diagnose. However, I can certainly ask all the questions I need of a student presenting a complaint in order to fully understand the parameters of the complaint. This will include pulling out this book, turning to the relevant section, and discussing the complaint with the student, while we both look at the excellent illustrations. This book will be my short list of books to always have at hand at class.

great gift for our daughter

I'd recommend this book to get a basic understanding of anatomy when it comes Yoga/Pilates/Dance. Bought this as part of my training requirement and found it surprisingly easy to read and dare I say entertaining? The graphics adds an additional dimension to the explanations and at some points the author even had a sense of humor. I was expecting really dry material. It's a nice reference to have for, well, understanding the anatomy of exercise and movement.

As a Yoga Instructor and Massage Therapist, I refer to this book often and highly recommend it my students and clients. Jo Ann manages to explain the human body and movement in a clear and

interesting manner. Her approach is knowledgeable, compassionate and fun! A "must have" for Yoga teachers, therapists and anyone involved in the field of movements and wellness.

While not exhaustive in the exercises mentioned, the book does provide a easily readable guide to the anatomy of exercise and movement. It is interesting to learn that much of pilates have been derived/borrowed from yoga and learn the accurate names of poses used across disciplines for what are essentially the same thing. Given the author's reader-friendly writing style and page-turning quality, I'm looking forward to purchasing the author's next release on one of the most important muscle groups - the psoas. 4 stars.

Good book, but it may serve someone better who has already had a bit of anatomy under their belts.

Great book for the class I am taking.

Freaking awesome and builds in value and you do it

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