

# Dance Anatomy And Kinesiology

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**Kinesiology** - Nancy Hamilton 2011-01-28

Bodystories - Andrea Olsen 2004

An innovative guide to anatomy that uses techniques from yoga and dance to increase awareness of the body.

**Stretching Anatomy-2nd Edition** - Arnold Nelson 2013-10-14

Stretching Anatomy, Second Edition, is a visual guide to 86 stretches for increasing range of motion, muscular strength, stamina, posture, and flexibility. Step-by-step instructions describe how to perform each stretch, while 110 full-color anatomical illustrations highlight the primary muscles and surrounding structures engaged.

**Dancing Longer Dancing Stronger** - Andrea Watkins 1990

Ballet, jazz, modern, and aerobic exercises to complement in-class work or to enhance performance.

*The People Have Never Stopped Dancing* - Jacqueline Shea Murphy 2007

During the past thirty years, Native American dance has emerged as a visible force on concert stages throughout North America. In this first major study of contemporary Native American dance, Jacqueline Shea Murphy shows how these performances are at once diverse and connected by common influences. Demonstrating the complex relationship between Native and modern dance choreography, Shea Murphy delves first into U.S. and Canadian federal policies toward Native performance from the late nineteenth through the early twentieth

centuries, revealing the ways in which government sought to curtail authentic ceremonial dancing while actually encouraging staged spectacles, such as those in Buffalo Bill's Wild West shows. She then engages the innovative work of Ted Shawn, Lester Horton, and Martha Graham, highlighting the influence of Native American dance on modern dance in the twentieth century. Shea Murphy moves on to discuss contemporary concert dance initiatives, including Canada's Aboriginal Dance Program and the American Indian Dance Theatre. Illustrating how Native dance enacts, rather than represents, cultural connections to land, ancestors, and animals, as well as spiritual and political concerns, Shea Murphy challenges stereotypes about American Indian dance and offers new ways of recognizing the agency of bodies on stage. Jacqueline Shea Murphy is associate professor of dance studies at the University of California, Riverside, and coeditor of *Bodies of the Text: Dance as Theory, Literature as Dance*.

Dance Anatomy and Kinesiology, 2E - Clippinger, Karen 2015-11-09

Dance Anatomy and Kinesiology, Second Edition, retains its scientific perspective while offering greater accessibility to a wider audience. The streamlined approach makes the content more accessible in a single undergraduate course, and the text comes with a suite of online ancillaries.

*Dance Medicine in Practice* - Liane Simmel 2013-10-30

Dance Medicine in Practice is the complete

physical textbook for dance, written specifically to help dancers understand the anatomy, function and care of their bodies. Specific chapters are devoted to focusing on the spine, pelvis, hips, knees, feet, shoulders and arms. Each of these covers the following key aspects: Anatomy: bone structure, musculature, and function. How each part of the body moves and how it responds under pressure Pitfalls: Common examples of bad practice and the effect that these can have on the body Self Analysis: How to become aware of and muscle groups and the capacity of each joint. Injury Prevention: Tips and advice on how to best avoid and prevent injury both in training and everyday life Exercises: Simple and effective methods of strengthening, mobilising and relaxing joints and muscles Checklists: Dos and Don'ts for the best dance technique. The best dancers know that looking after their bodies is the key to their success, and Dance Medicine in Practice also covers how to ensure the best possible nutrition, plan and manage training schedules, and ensure that injuries are kept to a minimum both in frequency and impact. It is the best possible companion to a life in dance.

Dance Anatomy and Kinesiology - Karen Sue Clippinger 2016-01-04

Karen Clippinger's first edition of Dance Anatomy and Kinesiology was hailed as the definitive text on the topic. This new edition builds on that success by retaining its scientific perspective while making the material more accessible to students and teachers. What's New? • A suite of online instructor and student ancillaries to support the text • An improved organization that will help teachers better cover the content in their courses • A reduction of the scientific depth to produce a more reader-friendly book that focuses on the musculoskeletal anatomy and kinesiology that dancers need to know • Graphics, photos, and anatomical illustrations that demonstrate muscle movements and technique considerations and set the book apart from others in its field Primary Focus While much is new in this second edition, Clippinger retains her emphasis on presenting the anatomical and kinesiological material that is essential for dancers to understand. The text includes descriptions of joint structure, key muscles, common alignment

problems, select joint mechanics, and movement analysis and includes sample strength and flexibility exercises for each region of the body. Accessible to a Wider Audience Clippinger has made this second edition more engaging to a wider audience and narrowed the scope of the material so it can be more readily covered in a single undergraduate course. And while many of the text examples are dance-specific, its applied nature and its many illustrations make it a great reference for Pilates, yoga, and fitness instructors as well as dance educators and dedicated dancers. New Ancillaries • An instructor guide featuring a sample syllabus and course outline, chapter outlines, lab assignments, answers to review questions, and sample tests • A presentation package providing slides with text and graphics that reinforce key points • A student web resource including assignments, outlines, study sheets, and 20 video clips that demonstrate technique and correction guidelines This new edition will give teachers a clearer picture of the anatomical and kinesiological factors that aid in generating technique cues and identifying technique problems. It will provide dancers with a better understanding of overcoming technique challenges and preventing injuries. Its solid grounding in the sciences, along with the art and accessible text, will help teachers become more effective and empower dancers to realize their potential and artistic vision. Quotes The first edition of Dance Anatomy and Kinesiology was hailed by reviewers as "most likely to become the definitive text in dance anatomy, kinesiology, and conditioning classes" (Journal of Dance Medicine and Science); "a must for any dance teacher who is serious about helping their students" (Australia Dance Teacher Magazine); and "the most substantive dance science resource to date" (Journal of Dance Education).

**Dancing Longer, Dancing Stronger** - Robin Kish 2018-12

Based on the latest scientific research, Dancing Longer, Dancing Stronger offers a complete conditioning program to help dancers improve technique and lessen the danger of injury. By presenting general principles of injury prevention as well as specific exercises for increasing strength and flexibility, the book provides information that dancers of all ages and

skill levels can use to improve performance. Common problems are discussed in a question and answer format. It also gives a thorough overview of anatomy and exercise physiology.

*Choreographing in Color* - J. Lorenzo Perillo  
2020-08-24

In *Choreographing in Color*, J. Lorenzo Perillo investigates the development of Filipino popular dance and performance since the late 20th century. Drawing from nearly two decades of ethnography, choreographic analysis, and community engagement with artists, choreographers, and organizers, Perillo shifts attention away from the predominant Philippine neoliberal and U.S. imperialist emphasis on Filipinos as superb mimics, heroic migrants, model minorities, subservient wives, and natural dancers and instead asks: what does it mean for Filipinos to navigate the violent forces of empire and neoliberalism with street dance and Hip-Hop? Employing critical race, feminist, and performance studies, Perillo analyzes the conditions of possibility that gave rise to Filipino dance phenomena across viral, migrant, theatrical, competitive, and diplomatic performance in the Philippines and diaspora. Advocating for serious engagements with the dancing body, Perillo rethinks a staple of Hip-Hop's regulation, the "euphemism," as a mode of social critique for understanding how folks have engaged with both racial histories of colonialism and gendered labor migration. Figures of euphemism - the zombie, hero, robot, and judge - constitute a way of seeing Filipino Hip-Hop as contiguous with a multi-racial repertoire of imperial crossing, thus uncovering the ways Black dance intersects Filipino racialization and reframing the ongoing, contested underdog relationship between Filipinos and U.S. global power. *Choreographing in Color* therefore reveals how the Filipino dancing body has come to be, paradoxically, both globally recognized and indiscernible.

**The Concise Book of Yoga Anatomy** - Jo Ann Staugaard-Jones 2015-09-29

The Concise Book of Yoga Anatomy is the definitive guide to the study of yoga anatomy--a perfect companion book for any yoga teacher or practitioner seeking to understand the biomechanics of the body as it applies to yoga

practice. The book is visually designed in quick reference format to offer useful information about the main skeletal muscles that are central to yoga, with asanas to demonstrate the particular muscles and muscle groups. Over 230 full color illustrations detail each muscle's origin, insertion, and action in order to clearly reveal how the muscles come into play in the movements and postures of yoga. Knowledge of yoga anatomy is paramount to the ability to teach or practice with no injury to oneself or others. With this foundation in place, it is possible to focus on the spiritual element of yoga as well as the physical. Yoga is a union of the two, so where appropriate, the more profound side of the practice is mentioned as it relates to the body. The Concise Book of Yoga Anatomy illustrates the form and function of the muscles first, then interlays the muscles into the yoga posture for full understanding in a clear and integrated way, explaining the technique of the asanas, as well as other important aspects of yoga: pranayamas, the bandhas, and chakras. Table of Contents About This Book 1 Anatomical Orientation 2 Muscles of Respiration 3 Muscles of the Face and Neck 4 Muscles of the Spine 5 The Deep Core and Pelvic Floor 6 Muscles of the Shoulder and Upper Arm 7 Muscles of the Forearm and Hand 8 Muscles of the Hip 9 Muscles of the Knee 10 Muscles of the Ankle/Foot Resources General Index Index of Muscles From the Trade Paperback edition.

**Ballet Pedagogy** - Rory Foster 2010

There are many different methods for teaching classical ballet - Bournonville, Vaganova, Cecchetti, and Royal Academy of Dancing being the most widely known. All of these methods are effective tools for presenting the technique and art of ballet. Knowing how to use these tools successfully requires more than being a devotee of the technique; it also requires the mastering of various skills. In *Ballet Pedagogy*, Rory Foster aims to share his extensive knowledge of how to teach rather than focus exclusively on what to teach.

**Dance Appreciation** - Dawn Davis Loring  
2021-01-28

"Undergrad text for general-education courses helps students fulfill fine arts credits. This text will help students form a connection to and appreciation for dance as both an art form and a

lifetime physical activity, no matter their primary course of study or eventual career path"--

*Dance Imagery for Technique and Performance, Second Edition* - Eric N. Franklin 2013-09-30  
Franklin provides 583 imagery exercises to improve dance technique, artistic expression and performance. More than 160 illustrations highlight the images, and the exercises can be put to use in dance movement and choreography.

**Dance Technique and Injury Prevention** - Justin Howse 2014-06-03

Dance Technique and Injury Prevention has established itself as the key reference for everyone involved in dance injury and treatment, physical therapy, and dance instruction.

**Dance** - Betty DuPont 1988

*Anatomy and Kinesiology for Ballet Teachers* - Eivind Thomasen 1996

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. Professor Eivind Thomasen was a celebrated orthopaedic surgeon who specialised in the treatment of dancers, and was consultant to the Royal Danish Ballet. Rachel-Anne Rist is Head of Dance at the Arts Educational School, Tring.

*The Anatomy of Speed* - Bill Parisi 2021-09-24  
In *The Anatomy of Speed* renowned expert Bill Parisi breaks down the various components of speed development, delving deep into the physiological mechanisms of speed and offering guidance for effective training and program design.

**Safe Dance Practice** - Quin, Edel 2015-05-13  
Safe Dance Practice bridges the gap between research and application for dancers and dance educators at all levels. The book presents

integrated guidelines and principles that will maximize physical and mental well-being without compromising creativity and expression.

**Functional Anatomy: Musculoskeletal Anatomy, Kinesiology, and Palpation for Manual Therapists, Enhanced Edition** - Christy Cael 2020-08-03

With the use of dynamic visuals and kinesthetic exercises, *Functional Anatomy, Revised and Updated Version* helps readers to explore and understand the body's structures, regions, layer of the body, from bones to ligaments to superficial and deep muscles. Muscle profiles indicate origin, insertion, and innervation points while step-by-step instructions teach effective bone and muscle palpation.

**Dance Anatomy-2nd Edition** - Haas, Jacqui Greene 2017-02-12

*Dance Anatomy* is a visually stunning presentation of more than 100 of the most effective dance, movement, and performance exercises, each designed to promote correct alignment, improved placement, proper breathing, and prevention of common injuries. *Functional Awareness* - Nancy Romita 2016  
*Functional Awareness: Anatomy in Action for Dancers* is where anatomy meets artistry. Each chapter provides explorations in embodied anatomy in an engaging manner with the use of images, storytelling, and experiential exercises. It is an accessible introduction to the relationship between daily movement habits, dance training and anatomy. The information is founded on over 30,000 hours of experience teaching and training dancers to generate efficient exertion and appropriate recuperation. *Functional Awareness: Anatomy in Action for Dancers* employs somatic practices along with explorations in experiential anatomy to awaken the body-mind connection and improve movement function. The book applies the Functional Awareness(R) approach to improve dance technique and provide skills to enable the dancer to move with balance and grace in the classroom, on stage, and in daily life.

**Beginning Hip-Hop Dance** - Durden, E. Moncell 2019

*Beginning Hip-Hop Dance* provides dance students and general education students a strong foundation in the fundamentals of hip-hop—its techniques, styles, aesthetics, history,

significant works, and artists. The text comes with a web resource of 56 video clips to aid in practicing techniques.

Conditioning for Dance 2nd Edition - Franklin, Eric 2018-10-21

Eric Franklin's first edition of *Conditioning for Dance* was a bestseller—and it is back and better than ever, offering state-of-the-art conditioning exercises for dancers. An internationally renowned master teacher, Franklin has developed a science-based method of conditioning that is taught and practiced in companies and schools around the world. In this new edition of *Conditioning for Dance*, he integrates the latest scientific research on strength, flexibility, and conditioning into his dance exercises.

**Pilates Anatomy** - Rael Isacowitz 2019-09-23

Take a detailed look at your Pilates practice with the superbly illustrated exercises in *Pilates Anatomy, Second Edition*. Choose from 46 exercises to target a particular body region and delve deeper to stretch, strengthen, and finely coordinate specific muscles. See which key muscles are activated, how variations and minor adjustments can influence effectiveness, and how breathing, alignment, and movement are all fundamentally linked as you work to tone the body, stabilize the core, improve balance, and increase flexibility. Use the Personalize Your Practice section for each exercise to vary your practice and customize your workouts to fit your needs. Here you'll find modifications to make each exercise more accessible when there are limitations such as tight hamstrings or underdeveloped core strength. Variations provide variety, and progressions are offered to add more challenge to each exercise and serve as valuable stepping stones on your journey to more advanced Pilates exercise. Also included are techniques for breathing, concentration, and self-awareness, providing a unique exercise experience that enhances your body and your mind. Whether you are just beginning to explore the beauty and benefits of Pilates or have been practicing for years, *Pilates Anatomy* is a one-of-a-kind resource that you'll refer to again and again. CE exam available! For certified professionals, a companion continuing education exam can be completed after reading this book. *Pilates Anatomy, Second Edition Online CE*

Exam, may be purchased separately or as part of the *Pilates Anatomy, Second Edition With CE Exam*, package that includes both the book and the exam.

**The Anatomy of Exercise & Movement for the Study of Dance, Pilates, Sport and Yoga** - Jo Ann Staugaard-Jones 2010

The tens of millions of people who participate in or instruct dance, pilates, sports, and yoga will find this book an essential tool that explains the mechanics behind physical movement, recommends strengthening and stretching exercises, and helps avoid injury.

Attention and Focus in Dance - Clare Guss-West 2020-10-20

The Western approach to dance is largely focused on control and mastery of technique, both of which are certainly necessary skills for improving performance. But mindful attention, despite its critical role in high performance, has gotten short shrift—until now. *Attention and Focus in Dance*, a how-to book rooted in the 20 years of attentional focus findings of researcher Gabriele Wulf, will help dancers unlock their power and stamina reserves, enabling efficient movement, heightening their sensory perception and releasing their dance potential. Author Clare Guss-West—a professional dancer, choreographer, teacher and holistic practitioner—presents a systematic, science-based approach to the mental work of dance. Her approach helps dancers hone the skills of attention, focus and self-cueing to replenish energy and enhance their physical and artistic performance. A Unique, Research-Based Approach Here is what *Attention and Focus in Dance* offers readers: A unique approach, connecting the foundations of Eastern movement with Western movement forms Research-based teaching practices in diverse contexts, including professional dance companies, private studios, and programmes for dancers with special needs or movement challenges Testimonies and tips from international professional dancers and dance educators who use the book's approach in their training and teaching A dance-centric focus that can be easily integrated into existing training and teaching practice, in rehearsal, or in rehabilitation contexts to provide immediate and long-term benefits Guss-West explores attentional focus techniques for dancers,

teachers and dance health care practitioners, making practical connections between research, movement theory and day-to-day dance practice. "Many dancers are using excessive energy deployment and significant counterproductive effort, and that can lead to a global movement dysfunction, lack of stamina and an increased risk of injury," says Guss-West. "Attentional focus training is the most relevant study that sport science and Eastern-movement practice can bring to dance." Book Organisation The text is organised into two parts. Part I guides dancers in looking at the attentional challenges and information overload that many professional dancers suffer from. It outlines the need for a systematic attention and focus strategy, and it explains how scientific research on attentional focus relates to dance practice. This part also examines the ways in which Eastern-movement principles intersect with and complement scientific findings, and it examines how the Eastern and scientific concepts can breathe new life into basic dance elements such as posture, turnout and port de bras. Attention and focus techniques are included for replenishing energy and protecting against energy depletion and exhaustion. Part II presents attention and focus strategies for teaching, self-coaching and cueing. It addresses attentional focus cues for beginners and for more advanced dancers and professionals, and it places attentional focus in the broader context of holistic teaching strategies. Maximising Dance Potential "Whether cueing others or yourself, cueing for high performance is an art," Guss-West says. "Readers will discover how to format cues and feedback to facilitate effective neuromuscular response and enhance dancer recall of information and accessibility while dancing." Attention and Focus in Dance offers an abundance of research-backed concepts and inspirational ideas that can help dancers in their learning and performance. This book aids readers in filtering information and directing their focus for optimal physical effect. Ultimately, it guides dancers and teachers in being the best version of themselves and maximising their potential in dance.

Dance Wellness - Wilmerding, Mary Virginia  
2016-10-12

Dancer Wellness, created by the International

Association for Dance Medicine & Science, offers guidance on the foundations, mental components, and physical aspects of dancer wellness. Readers will learn concepts and strategies to develop as dancers and to create their own dancer wellness plan.

Anatomy and Kinesiology for Dance: An Introduction - Snyder 1753

Dynamic Human Anatomy - William C. Whiting  
2018-11-07

Dynamic Human Anatomy, Second Edition With Web Study Guide, is back—with a new title, significant new material and learning aids, and the same goals: to cover concepts not found in traditional anatomy texts and to help students apply those concepts. Formerly titled Dynatomy, the new edition of this introductory to upper-level biomechanics and anatomy text sets itself apart from other texts in this field by connecting biomechanical principles with applications in sports and dance, strength training, work settings, and clinical settings. Dynamic Human Anatomy offers applied dance- and sport-specific information on how the body performs dynamic movement, providing students an understanding of the body's structure and function as it explores the elegance and complexity of the body's functional movement anatomy. New Tools and Learning Aids Dynamic Human Anatomy comes with many tools and learning aids, including a web study guide and new instructor resources, each featuring new material and tools. The web study guide offers the following:

- Tables that indicate articulations for the spine and upper and lower extremities
- Tables that list the origin, insertion, action, and innervation for all major muscle groups
- Practice problems that allow students to apply the muscle control formula discussed in chapter 6
- Critical thinking questions

The instructor resources include:

- A presentation package with slides that present the key concepts from the text and can be used for class discussion and demonstration
- An image bank that includes the figures and tables from the book to develop a custom presentation
- An instructor guide that includes a sample syllabus, chapter summaries, lecture outlines, ideas for additional assignments, and answers to the critical thinking questions presented in the web study guide
- A

test package that includes 330 questions  
Dynamic Human Anatomy also offers a full-color design and learning aids that include an updated glossary, chapter objectives, summaries, and suggested readings. Each chapter has Applying the Concept sidebars, which provide practical examples of concepts, and Research in Mechanics sidebars, which highlight recent research in biomechanics and human movement. Organized Into Four Parts Dynamic Human Anatomy is organized into four parts. Part I provides a concise review of relevant anatomical information and neuromechanical concepts. It covers the dynamics of human movement, the essentials of anatomical structure and the organization of the skeletal system. Part II details the essentials of a dynamic approach to movement, including a review of mechanical concepts essential to understanding human movement, the muscle control formula, and topics relevant to movement assessment. In part III, the focus is on fundamental movements as the chapters examine posture and balance, gait, and basic movement patterns. Part IV explores movement-related aspects for strength and conditioning applications, sport and dance applications, clinical applications, and ergonomic applications. Brings Anatomy to Life Dynamic Human Anatomy, Second Edition, explores the potential of the human body to express itself through movement, making it a highly valuable text for students who have taken, or are taking, introductory anatomy and who need a more detailed exposure to concepts in human movement anatomy.

**Dance Anatomy** - Jacqui Haas 2017-11-29  
Experience the raw energy and aesthetic beauty of dance as you perfect your technique with Dance Anatomy. Featuring hundreds of full-color illustrations, Dance Anatomy presents more than 100 of the most effective dance, movement, and performance exercises, each designed to promote correct alignment, improved placement, proper breathing, and prevention of common injuries. The exercises are drawn in stunning detail, capturing the dancer in motion and highlighting the active muscles associated with each movement so you can develop and strengthen different areas of the body. You will clearly see how muscular development translates into greater poise and elegance on the

stage. Each chapter addresses a key principle of movement to help you improve performance, beginning with the center of the body, where dance begins. You will learn exercises to target specific areas, such as shoulders and arms, pelvis, and lower legs to enhance flexibility and ensure safety. You will also discover more efficient ways of improving your lines and technique by implementing a supplementary conditioning program that takes into account your changing cycles of classes, practices, and times of rest. Regardless of your ability level or dance style, Dance Anatomy will help you master the impeccable balance, intense muscular control, and grace to prepare you for your next leading role!

Inside Ballet Technique - Valerie Grieg 1994

Kinesiology - Carol A. Oatis 2009

This is a comprehensive textbook on kinesiology, the study of movement. Chapters are organized by body region, and each includes a review of functional anatomy and biomechanics, with application and discussion of locomotion and pathokinesiology.

**Dance Science** - Gayanne Grossman 2015  
"Presented in a dance-specific way, Dance Science takes a positive approach to what a dancer can do to dance better through an understanding of anatomy and analysis of movement. With that understanding, you will be able to create an effective performance and fewer injuries."--Publisher information.

*Dance Injuries* - Daniel D. Arnheim 1988

**Soccer Anatomy** - Donald T. Kirkendall  
2011-08-26

Take an inside look at the world's most popular sport. Soccer Anatomy will show you how to elevate your game by increasing strength, speed, and agility for more accurate passes and powerful shots. Soccer Anatomy includes 79 exercises, each with step-by-step descriptions and full-color anatomical illustrations highlighting muscles in action. Soccer Anatomy goes beyond exercises by placing you on the pitch and in the game. Illustrations of the active muscles involved in kicking, heading, tackling, and diving show you how each exercise is fundamentally linked to soccer performance. From attacking to defending to goalkeeping,

Soccer Anatomy will improve every aspect of your game. You'll learn how to modify exercises to target specific areas based on your style of play, personal needs, and goals. And you can prepare for competition by minimizing injuries using a system developed by FIFA's medical research program. Combining authoritative advice, expert instruction, and stunning four-color illustrations, Soccer Anatomy is truly an inside look at this one-of-a-kind sport. Whether you're a player, coach, or fan, if you're serious about soccer, this is one book you need to own.

*Conditioning for Dancers* - Tom Welsh 2009

This book empowers conscientious dancer-athletes to take an active role in directing their own training and development. The author's clear, straightforward explanations of important concepts in conditioning home in on the physical capabilities that are key to success not only for dancers but for others whom strength and flexibility, precise alignment, and movement efficiency are high priorities.--[book cover].

**Dance Anatomy and Kinesiology** - Karen S. Clippinger 2007

Suitable for dance teachers and students, as well as for dance professionals, this text covers the basic anatomical and biomechanical principles that apply to optimal performance in dance.

Focusing on skeletal and muscular systems, it provides the understanding needed to improve movement and reduce injuries.

Dance Kinesiology - Sally Sevey Fitt 1996

A working knowledge of the science of movement can help any dancer achieve the goals of excellent performance and avoidance of injury. For students and others in pursuit of that knowledge, Dance Kinesiology is a comprehensive introduction to the ways muscles and bones work in all types of dance.

Through the Eyes of a Dancer - Wendy Perron 2013-11-05

Through the Eyes of a Dancer compiles the writings of noted dance critic and editor Wendy Perron. In pieces for The SoHo Weekly News, Village Voice, The New York Times, and Dance Magazine, Perron limns the larger aesthetic and theoretical shifts in the dance world since the 1960s. She surveys a wide range of styles and genres, from downtown experimental performance to ballets at the Metropolitan Opera House. In opinion pieces, interviews, reviews, brief memoirs, blog posts, and contemplations on the choreographic process, she gives readers an up-close, personalized look at dancing as an art form. Dancers, choreographers, teachers, college dance students—and anyone interested in the intersection between dance and journalism—will find Perron's probing and insightful writings inspiring. Through the Eyes of a Dancer is a nuanced microcosm of dance's recent globalization and modernization that also provides an opportunity for new dancers to look back on the traditions and styles that preceded their own.