Harnessing the Wind

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**

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.

**Statistics in Kinesiology**

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.
**Dancing Longer, Dancing Stronger**

Introduction to Sports Biomechanics has been developed to introduce you to the core topics covered in the first two years of your degree. It will give you a sound grounding in both the theoretical and practical aspects of the subject. Part One covers the anatomical and mechanical foundations of biomechanics and Part Two concentrates on the measuring techniques which sports biomechanists use to study the movements of the sports performer. In addition, the book is highly illustrated with line drawings and photographs which help to reinforce explanations and examples.

**Dance Medicine in Practice**

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).
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.

Safe Dance Practice

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.

Dynamic Human Anatomy

This title is an evidence based book that connects the theoretical and practical aspects of human movement and posture and provides basic information for therapists working with people with postural disorders. Practical material is approached area by area so that therapists can easily access the information they require. The anatomy and kinesiology of the locomotor/musculoskeletal system is covered and common pathologies and postural disorders reviewed. Accessible writing style supported by large number of illustrations (line and photograph) Connects theoretical and practical aspects of human movement and posture Comprehensive Links anatomy, kinaesiology and posture Evidence-based

Conditioning for Dance 2nd Edition

See what it takes to maximize running strength, speed, and endurance! Running Anatomy will show you how to improve your performance by increasing muscular strength, optimizing the efficiency of your running motion, and minimizing your risk for injury. Running Anatomy features 50 of the most effective strength exercises for runners, each with clear, step-by-step descriptions and full-color anatomical illustrations highlighting the muscles in action. But you’ll find much more than exercises—you’ll also see their results. Running Anatomy places you in the action, fundamentally linking each exercise to running performance. You’ll see how to strengthen muscles, reduce injury, and improve gait efficiency for faster times and more fluid runs. Running Anatomy will prepare you for any challenge that comes your way. You’ll find exercises for varying terrains and speeds, from hill running to off-road running and from sprints to marathons. Plus you’ll learn how to evaluate and rehabilitate the most common injuries that runners face, including lower-
back pain, knee aches and strains, and torn muscles and tendons. Whether you’re a fitness runner looking to conquer hills with more speed or strength or a competitive runner looking for that extra bit of performance and a finishing kick, Running Anatomy will ensure that you’re ready to deliver your personal best.

Postural Disorders and Musculoskeletal Dysfunction

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.

The Anatomy of Exercise and Movement for the Study of Dance, Pilates, Sports, and Yoga

Pilates Anatomy

Featuring a diverse range of authors from a wide variety of disciplines, this text presents a detailed and accurate reflection of the concerns of dance medicine and science as they have emerged over the last 30 years.

Dance Composition Basics

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.

Running Anatomy

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!

**Functional Awareness**

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**

If the saying “To be the best, you must learn from the best” holds true, then this book is gold for all aspiring dancers. Dance Composition Basics, Second Edition, doesn’t just feature the works and brilliance of dance and choreographic legends Alonzo King and Dwight Rhoden—it is completely based on the choreographic operations and forms in three of their original works: Chants and Dreamer by King and Verge by Rhoden. All compositional exercises in the book are based on those three works, and the book itself is expertly crafted by Pamela Anderson Sofras, who has 34 years of experience teaching dance at the university level. Dance Composition Basics, designed for beginning dance composition courses, introduces dancers to choreography through a series of problem-solving activities. The activities are starting points for novice dancers to embark on their own attempts at choreography. Useful Tools The book offers several useful tools for instructors: 27 lesson plans that draw from and highlight selected portions of original compositions by King and Rhoden 33 reproducible assessment and self-evaluation forms An instructor guide that includes a sample course syllabus plus written exams for each chapter PowerPoint presentations to guide students through each lesson A web resource featuring online videos that are closely tied to the lesson plans and provide a richer learning experience for students; students can access this resource inside or outside of class Highly Valuable Video Resource The videos give students access to Alonzo King and Dwight Rhoden, highly successful and respected choreographers, who share their processes and techniques. Many video clips show the choreographers working on the same movement concepts featured in the corresponding lesson. Students will see the choreographers in action with professional dancers as they develop the movement material for each dance. Because students get to see the choreographers and dancers struggling with the same creative concepts they have been assigned, these clips add tremendous value to Dance Composition. Book and Web Resource Organization The text is split into five chapters, each of which features several lessons based on that chapter’s choreographic concept. Each lesson contains the following: An introductory statement and a vocabulary list A warm-up to prepare the body and focus the mind Structured improvisations that help dancers understand the movement concepts of the lesson Problem-solving activities that allow dancers to apply the concepts presented in the improvisations Discussion questions to engage dancers and promote understanding Assessment rubrics to guide evaluation of each dancer’s learning At the end of the book, a glossary provides definitions for the vocabulary terms introduced in the chapters. The main menu of the web resource corresponds with the five chapters in the book. To guide students’ use of the videos, icons have been placed throughout the book, referring readers to additional information in the web resource. Reviewing the videos will provide further insight into the choreographic assignment. The web resource also contains all the discussion questions, assessments, and evaluations found in the book. Instructors can distribute these to
students electronically or print them out. Instructors can also adapt the forms to meet their specific needs. The Learning Process Dance Composition takes students through a systematic learning process: reading about a concept, discussing the concept, seeing the concept played out on video with professional choreographers and dancers, and exploring the concept through their own movement ideas. Through this process, which includes structured improvisations, students discover a movement vocabulary and original dance phrases. They then more fully develop their movement ideas, with specific movement assignments, and are given feedback by their peers and the instructor. Invaluable Resource Dance Composition Basics, Second Edition, is an invaluable resource for dancers of all styles, from ballet to modern jazz, as it introduces them to some of the compositional structures used by professional choreographers. Through the carefully designed lessons in the book and the expert examples on the video clips, students can use this resource to take their first confident and exhilarating steps into the craft of choreography.

**Fundamentals of Biomechanics**

Fundamentals of Biomechanics introduces the exciting world of how human movement is created and how it can be improved. Teachers, coaches and physical therapists all use biomechanics to help people improve movement and decrease the risk of injury. The book presents a comprehensive review of the major concepts of biomechanics and summarizes them in nine principles of biomechanics. Fundamentals of Biomechanics concludes by showing how these principles can be used by movement professionals to improve human movement. Specific case studies are presented in physical education, coaching, strength and conditioning, and sports medicine.

**Anatomy & Kinesiology Flashcards**

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.

Conditioning for Dancers

"Unlike other anatomy flashcards that offer only anatomical illustrations, Anatomy & Kinesiology Flashcards cover all musculoskeletal structures and movements. The cards are broken down into 10 sections: shoulder girdle, shoulder joint, elbow joint complex, wrist and hand joints, neck and atlanto-occipital joints, back-spinal joints, abdominal and respiratory area, pelvic girdle and hip joint, knee joint, and ankle and foot joints. Each section begins with review cards showing the muscles acting on, joints of, and joint movements of that section. Anatomy & Kinesiology Flashcards also include cards featuring key abbreviations, definitions of anatomical directional terminology, classifications of joints, general anatomical movement terms, and planes and axes of rotation for quick reference. An addendum covers bony landmarks."--Human Kinetics website.(www.humankinetics.com).

Dance Imagery for Technique and Performance

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.

The Concise Book of Yoga Anatomy

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® 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.

**Anatomy and Kinesiology for Ballet Teachers**

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.

**Experiencing Dance**

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.

**Nutrition for the Dancer**

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.
Dance Science

With an integrated text and video combination, Dance Anatomy and Kinesiology, 2nd Edition (Enhanced Version), provides 20 video clips to provide visual aids for selected tests, alignment identification, conditioning exercises, and technique considerations. The new second edition of Dance Anatomy and Kinesiology builds on the success of the first edition 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. 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. With a solid grounding in the sciences, along with the art and accessible text, the enhanced version of Dance Anatomy and Kinesiology, 2nd Edition will help teachers become more effective and empower dancers to realize their potential and artistic vision.

Kinesiology

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

Anatomy & Kinesiology for Dance

Renowned master teacher Eric Franklin has thoroughly updated his classic text, Dance Imagery for Technique and Performance, providing dancers and dance educators with a deep understanding of how they can use imagery to improve their dancing and artistic expression in class and in performance. These features are new to this edition: • Two chapters include background, history, theory, and uses of imagery. • 294 exercises offer dancers and dance educators greater opportunities to experience how imagery can enhance technique and performance. • 133 illustrations facilitate the use of imagery to improve technique, artistic expression, and performance. • Four exercises taught by Franklin and available on HK’s website help dancers with essential rest and relaxation techniques. Franklin provides hundreds of imagery exercises to refine improvisation, technique, and choreography. The 295 illustrations cover the major topics in the book, showing exercises to use in technique, artistic expression, and performance. In addition, Franklin supplies imagery exercises that can restore and regenerate the body through massage, touch, and stretching. And he offers guidance in using imagery
to convey information about a dancer's steps and to clarify the intent and content of movement. This new edition of Dance Imagery for Technique and Performance can be used with Franklin’s Dynamic Alignment Through Imagery, Second Edition, or on its own. Either way, readers will learn how to combine technical expertise with imagery skills to enrich their performance, and they will discover methods they can use to explore how imagery connects with dance improvisation and technique. Dance Imagery for Technique and Performance uses improvisation exercises to help readers investigate new inner landscapes to create and communicate various movement qualities, provides guidelines for applying imagery in the dance class, and helps dancers expand their repertoire of expressiveness in technique and performance across ballet, modern, and contemporary dance. This expanded edition of Dance Imagery for Technique and Performance supplies imagery tools for enhancing or preparing for performance, and it introduces the importance of imagery in dancing and teaching dance. Franklin’s method of using imagery in dance is displayed throughout this lavishly illustrated book, and the research from scientific and dance literature that supports Franklin’s method is detailed. The text, exercises, and illustrations make this book a practical resource for dancers and dance educators alike.

Dance Anatomy and Kinesiology, 2E

Beginning Modern Dance text and web resource introduce undergraduate and high school students to modern dance as a performing art through participation, appreciation, and academic study in the dance technique course. In the book, 50 photos with concise descriptions support students in learning beginning modern dance technique and in creating short choreographic or improvisational studies. For those new to modern dance, the book provides a friendly orientation on the structure of a modern dance technique class and includes information regarding class expectations, etiquette, and appropriate attire. Students also learn how to prepare mentally and physically for class, maintain proper nutrition and hydration, and avoid injury. Beginning Modern Dance supports students in understanding modern dance as a performing art and as a medium for artistic expression. The text presents the styles of modern dance artists Martha Graham, Doris Humphrey and José Limón, Katherine Dunham, Lester Horton, and Merce Cunningham along with an introduction to eclectic modern dance style. Chapters help students begin to identify elements of modern dance as they learn, view, and respond to dance choreography and performance. The accompanying web resource offers 38 interactive video clips and photos of dance technique to support learning and practice. In addition, e-journal and self-reflection assignments, performance critiques, and quizzes in the web resource help students develop their knowledge of modern dance as both performers and viewers. Through modern dance, students learn new movement vocabularies and explore their unique and personal artistry in response to their world. Beginning Modern Dance text and web resource support your students in their experience of this unique and dynamic genre of dance. Beginning Modern Dance is a part of Human Kinetics’ Interactive Dance Series. The series includes resources for modern dance, ballet, and tap dance that support introductory dance technique courses taught through dance, physical education, and fine arts departments. Each student-friendly text includes a web resource offering video clips of dance instruction, assignments, and activities. The Interactive Dance Series offers students a guide to learning, performing, and viewing dance.

Physics and the Art of Dance

Presents a guide to increasing abdominal strength, flexibility, and muscle tone with over one hundred detailed exercise descriptions
supplemented with photograph illustrations and anatomical drawings, as well as sixty suggested exercise programs.

**Dance Kinesiology**

Written by a physicist with professional dance training, Physics and the Art of Dance explains how dancers can achieve better, safer performances through an understanding of physics in motion. Using simple, non-technical terms, Kenneth Laws combines his knowledge of both physics and dance to describe how the laws of gravity, momentum, and energy affect dancing bodies. The book explores the natural laws that govern the subtleties of balance, the techniques of leaps and pirouettes, and the impressive lifts and turns executed by ballet partners. Finally, Laws offers insight into two current discussions in the dance world--the effect of body size on ballet technique, and the relationship between science and the art of dance. Beautiful, original stop-action photographs by Martha Swope, along with clear diagrams, illustrate the concepts described in the text. Plus, an intriguing "puzzler" at the beginning of each chapter provides an engaging entrée into the topics presented. For those who want a more advanced understanding of the physics, extensive appendices are provided. This new book combines the best features of Laws's widely acclaimed The Physics of Dance and Physics, Dance, and the Pas de Deux by Laws and Cynthia Harvey. Its expert application of the basic principles of physics to the art of dance will be an invaluable resource for dancers and dance instructors and will open a new level of appreciation for lovers of the form. It will also appeal to physicists who seek to include the arts in their scientific pursuits.

**Bodystories**

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.

**Introduction to Sports Biomechanics**

The only statistics text currently available specifically for kinesiology majors, Statistics in Kinesiology, Fourth Edition, provides an accessible introduction to statistics concepts and techniques and their applications to kinesiology-related fields. Students will learn to use statistical tools to analyze quantitative data and then apply that knowledge to common questions and problems they will encounter as they continue their studies. The fourth edition has been fully updated with new content that reflects the changing face of the kinesiology discipline, including the following: • A new chapter on clinical measures, including information on relative risk, odds ratios, and diagnostic testing, that will be especially pertinent to students in athletic training, physical therapy, and other fields dealing with clinical or rehabilitation populations • More detailed coverage of analysis of covariance (ANCOVA), which is becoming the technique of choice for analyzing pretest–posttest control group design • New material on statistical inference and correlations, including information on hypothesis testing, types of error, confidence intervals, and partial correlations • Additional information on the quantification of reliability and its applications in kinesiology Statistics in Kinesiology, Fourth Edition, begins with a thorough introduction to basic concepts such as measurement and research; organizing and displaying data; percentiles; mode, median, and
mean; and measures of variability. The text then explores more advanced topics, including correlation and regression, t tests, analysis of variance (ANOVA), and analysis of nonparametric data. While the book offers an overview of the most important statistical concepts and techniques, the emphasis remains on those commonly used concepts in kinesiology disciplines, such as repeated measures ANOVA and the interpretation of interactions in factorial ANOVAs. The fourth edition features extensive problem sets that will help students begin to calculate and interpret data. To enhance learning, students are encouraged to practice the calculations manually, but knowledge of advanced mathematics is not required. The examples given involve only basic algebra skills. Information on computer-based application is also provided throughout the book. In becoming familiar with the mathematical formulas used by software programs, students will learn to critically evaluate computer results and interpret data with greater confidence and ease. In updating this text, the authors have been careful to retain the features that have made past editions such a success. Examples drawn from exercise physiology, biomechanics, physical education, and physical therapy help students relate to how the techniques are used and how those techniques allow them to answer questions in their chosen fields. The problem sets are designed to help students interact more fully with the content, thereby aiding in their comprehension of concepts and techniques. Answers for each of the problem sets are located in the back of the text and give students the opportunity to check their work as they progress. Chapter summaries and key words lists identify content that students should carefully review. With Statistics in Kinesiology, Fourth Edition, students will gain a solid understanding of the statistical techniques used in physical activity fields. The book’s practical approach, based on the authors’ more than 50 years of combined experience in teaching statistics, will make it easy for students to learn these important, but often intimidating, concepts.

Dance Anatomy and Kinesiology

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.

Beginning Modern Dance

Harnessing the Wind: The Art of Teaching Modern Dance gives you the theoretical knowledge, the practical tips, and the inspiration to prepare the next generation of dancers to meet the demands of contemporary dance. This book combines information about constructing and presenting a dance class with personal reflections about the art of teaching modern dance and integrating somatic theories, scientific research, and contemporary aesthetic practices. It provides new teachers with a solid theoretical base and incites experienced teachers to reexamine and revitalize their teaching. The book asks dance instructors to make conscious choices about what, why, and how they teach. Advocating an individualistic approach, it helps teachers understand how their personal dance interests and interpretations influence their teaching styles. Part I, "The Vision," provides a philosophical perspective. It defines the role of technique and explores the delicate job of nurturing the artist during the quest for technical control. Part II, "Class Preparation," is where the planning process takes shape. This section shows how to - set strategies and realistic goals to lay the groundwork for a carefully built progression of movement skills; - use rituals to facilitate centering; - safely incorporate conditioning principles into dance
training, thus encouraging the development of powerful and resilient dancers; - understand the interplay between gravity and rhythm, space and energy to shape phrasing; and - sequence exercises effectively using helpful graphs and planning guides. Part III, "Class Presentation," covers essential issues such as pacing, making good corrections, building images to enhance movement learning, and collaborating successfully with musicians. Finally, part IV, "Professional Concerns," embraces important issues that touch the teaching professional, such as how to objectively analyze and critique a very subjective subject--the body--and how to maintain a healthy body, mind, and spirit. Learning Aids: Investigations and Reflections Each chapter is followed by a series of investigations and a reflection designed to challenge and inspire students and teachers. The investigations are concise exercises that explore theories both in and out of the classroom. They cover a range of activities including writing, drawing, chart making, observing, and experiential processing. The reflections provide insight to a dancer's world. Told through the eyes of a dance teacher, these narratives unveil the intangibles that are taught in dance, such as breathing, centering, playfulness, presence, and discipline. Teacher Resources The appendixes are full of practical tools, including a sample syllabus, sample grading policies, placement goals for four levels of technique, and assessment and evaluation forms. Throughout the book, abstract and highly imagistic photographs by dance photographers Erika Dufour and William Frederking provide a powerful visual stimulus that captures mood, motion, and emotion. This book provides dance students the information and theory necessary to begin the task of teaching. For seasoned teachers, it will inspire new questions and introduce new possibilities. Either way, readers will unleash a world of potential with Harnessing the Wind.

Dance Anatomy

Rather than focusing on dance injuries, this book takes a positive approach showing what a dancer can do to dance better, which, in turn, will decrease injury rates. It presents human anatomy and motion in a functional, dance-specific way that teaches the readers to appreciate and take ownership of their bodies through a tour of the musculoskeletal system and movement analysis. The book is divided into three parts. Part one, Anatomy, describes the specific characteristics that affect motion at each individual joint, demonstrated by a variety of hands-on activities for readers to perform. Part two, Movement Analysis, discusses muscles that produce movement and introduces readers to a system of movement analysis. Part three, Conditioning, provides a practical, integrative approach to exercise for enhanced performance. The written material is accompanied by anatomical line drawings commissioned for the book, photographs, and an assortment of experiential activities specifically designed for dancers.

Dance Technique and Injury Prevention

Experiencing Dance: From Student to Dance Artist, Second Edition, takes off where its previous edition—a best-selling high school text for students enrolled in dance classes—left off. Geared to students in dance II, III, and IV classes, this text places teachers in the role of facilitator and opens up a world of creativity and analytical thinking as students explore the art of dance. Through Experiencing Dance, students will be able to do the following: • Encounter dance through creating, performing, responding to, analyzing, connecting with, and understanding dance through its 45-plus lessons. • Experience dance as performers, choreographers, and audience members. • Learn about dance in historical and cultural contexts, in community settings, and as career options. • Go through a complete and flexible high school curriculum that can be presented in one or more years of instruction. • Meet state and national standards in dance
education and learn from a pedagogically sound scope and sequence that allow them to address 21st-century learning goals. • Use Spotlight and Did You Know? special elements that will enhance the learning experience and connect studio learning to the real world of dance. Experiencing Dance will help students engage in movement experiences as they learn and apply dance concepts through written, oral, and media assignments. These assignments help them gain a perspective of dance as an art form and provide the content for students to develop interactive dance portfolios. The text contains 15 chapters in five units. Each chapter offers at least three lessons, each containing the following material: • Move It! introduces students, through a movement experience, to a lesson concept. • Vocabulary provides definitions of key terms. • Curtain Up offers background information to help students understand lesson topics and concepts. • Take the Stage presents dance-related assignments for students to produce and share. • Take a Bow engages students in response, evaluation, and revision activities to process their work and concepts presented in the chapter. Each lesson includes Spotlight and Did You Know? special elements that help students extend their learning and deepen their understanding of historical and cultural facts and prominent dancers, dance companies, and professionals in careers related to dance. Each chapter includes a chapter review quiz. Quizzes incorporate true-or-false, short-answer, and matching answer questions. Finally, each chapter ends with a capstone assignment. Students will delve into major topics such as these: • Identifying your movement potential as a dancer • Understanding dance science and its application through studying basic anatomy and injury prevention in relation to dance training • Developing proper warm-ups and cool-downs and integrating fitness principles and nutrition information into healthy dancing practices • Expressing through various dance styles and forms the roles of the dancer, the historical and cultural heritage of the dance, and the dance’s connections to community and society • Developing and performing dance studies and choreography in a variety of styles and forms and then producing the dance using production elements for a variety of settings • Preparing for a future as a dancer, choreographer, or a career that is otherwise connected to dance • Advocating for dance in your community and beyond The text is bolstered by web resources for both students and teachers. These resources enhance the students’ learning experience while enabling teachers to prepare for, conduct, and manage their classes. The student web resource contains these features: • Journaling prompts • Extended learning activities • Web search suggestions for further research • Worksheets and assignments to either print out or complete online (via editable Word files) • Interactive chapter review quizzes (these are completed online and students get immediate feedback) • Video clips • Vocabulary terms with and without definitions to aid in self-quizzing and review The teacher web resource contains these features: • A printable full-color poster for the classroom • PowerPoint presentations for each chapter • Answer keys for worksheets and quizzes • A full electronic version of the student textbook In addition, Experiencing Dance is available in both print and interactive iBook versions. The iBook version has embedded chapter-opening and instructional video clips as well as interactive quizzes (in which students immediately receive feedback on their answers). This updated text, with its solid instruction and comprehensive lessons, new resources, and extended learning experiences, will help students at levels II, III, and IV increase their understanding of, expertise in, and enjoyment of dance.

**Dance Anatomy and Kinesiology 2nd Edition**

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...
The tremendous physical mastery of a 21st century dancer undoubtedly rivals that of an athlete, but the importance and significance of nutrition could not be any more different. However, merely likening the strength, Agility and physicality of a dancer to that of an athlete overlooks the very nature of dance, embodying the vigour and sublime beauty of the dancer's physique as a visual expression of art. The author trained as a professional dancer, and is thus fully aware of the extraordinary demands placed on students and professional dancers. As a nutritionist, she now recognises that so many talented dancers forfeit their health, their skill and ultimately their career solely because they are unaware of the importance behind good nutrition. The misconception that health be surrendered for the lean silhouette has emanated in dance schools and professional companies around the world. Dance scientists today know this does not have to be the case. Nutrition for the Dancer is a complete guide to nutrition. From calculating individual calorie requirements, reducing body fat, performance preparation, nutrition for a young dancer, recovery from injury, recipes and stock cupboard ideas, this book provides invaluable snippets of advice to dancers.