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# **Basic Biomechanics**

Susan Hall



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### Basic Biomechanics Susan Hall

Basic Biomechanics provides balanced coverage of anatomical structure, biomechanics, and applications, as recommended by the Biomechanics Academy of AAHPERD. Numerous applications from sport, ergonomics, and daily living-both qualitative and quantitative—help demonstrate the relevance of biomechanical principles beyond elite sports performance and into everyday life. The quantitative aspects of biomechanics are presented in a manageable, progressive fashion, and a mathematics appendix helps make the material accessible to all students, regardless of mathematical skill level.

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