



Dynatomy with DVD: Dynamic Human Anatomy

By William Whiting, Stuart Rugg

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Dynatomy: Dynamic Human Anatomy With DVD brings to life the wonders of human movement and applied anatomy. The book is for students of human performance who have completed an introductory human anatomy course and need a strong text in functional anatomy. The entertaining and easy-to-understand text considers fundamental movements—including posture, walking, running, jumping, throwing, kicking, and lifting—together with selected exercise and sport movements.

The emphasis of *Dynatomy* is on dynamic muscular motions rather than structural anatomy. Students benefit from a discussion of simple and complex human movements combined with an analysis of the muscles in motion. The text also introduces the muscle control formula and explains how students can use it to identify the ways in which muscles contract during various examples of human movement.

Part I presents an overview of the anatomical foundations of movement and the essential requirements for movement control. **Part II** examines dynamic movements and basic mechanics, muscular function, fundamental movements, and specialized movements.

The book is packed with features that will deepen students' appreciation of human movement:

- A companion DVD-ROM, *Essentials of Interactive Functional Anatomy*, provides an engaging method for students to review structural anatomy, which will help them fully understand the movements of functional anatomy.
- Unique illustrations and photos complement the text and improve understanding of difficult concepts.
- Chapter objectives, key terms, review questions, and summaries encourage

students to interact with and remember the content.

- Movement analyses give students critical exposure to functional human movements.

To supplement the text, students have access to additional tables online that summarize the anatomical structures commonly found in introductory courses on human anatomy or functional anatomy. Tables are presented by region (upper extremity, spinal column, and lower extremity) and describe articulations (bones, joints, ligaments, and movements) and muscles (origin, insertion, actions, nerves, and blood supply).

Interactive anatomy DVD-ROM included!

Completing the text is the Primal Pictures DVD-ROM *Essentials of Interactive Functional Anatomy*. This software will help students thoroughly review components of structural anatomy through the use of computer-graphic models of human anatomy derived from MRI scan data. Fully interactive 3-D animations show muscular and joint function.

Essentials of Interactive Functional Anatomy features a complete high-resolution 3-D model of the human musculature. The model can be rotated and allows for 11 layers of anatomy to be visually removed—from muscles down to bones. Specific muscles within the 3-D model can be highlighted, allowing users to view accompanying text about the selected muscle, such as name, primary action, agonists, antagonists, proximal and distal attachments, innervation, and blood supply. Text also accompanies specific ligaments within the model, providing information on function, injury mechanism, and pathology of injury.

The DVD-ROM also includes 34 animations—each of which can be viewed from four different angles—showing clinical muscular function and providing students with a sense of the movement around joints. Four video clips of gross human motions demonstrate complete body movements, such as sit-ups and push-ups, coupled with live-action video clips showing the electrical stimuli of active muscles. To reinforce the content, *IFA Essentials* also offers an interactive quiz. Students can select the level of difficulty and number of quiz questions and then use a multiple-choice format to identify or locate various structures on the model.

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Editorial Review

Users Review

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Marie Williams:

The knowledge that you get from Dynatomy with DVD: Dynamic Human Anatomy will be the more deep you looking the information that hide in the words the more you get interested in reading it. It does not mean that this book is hard to comprehend but Dynatomy with DVD: Dynamic Human Anatomy giving you enjoyment feeling of reading. The article author conveys their point in a number of way that can be understood by anyone who read the item because the author of this book is well-known enough. This specific book also makes your personal vocabulary increase well. It is therefore easy to understand then can go along with you, both in printed or e-book style are available. We suggest you for having this kind of Dynatomy with DVD: Dynamic Human Anatomy instantly.

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