



Biomechanical Basis of Human Movement, 3rd Edition

Joseph Hamill, Kathleen M. Knutzen

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Integrating basic anatomy, physics, calculus, and physiology, this fundamental text offers you a solid introduction to the study of biomechanics. By focusing on movement patterns of muscle groups rather than individual muscles, this text provides you with a holistic understanding of human movement.

Chapters are organized into three major parts: Foundations of Human Movement, Functional Anatomy, and Mechanical Analysis of Human Motion. Organized in a logical progression, each chapter begins with basic principles and math concepts and then helps you move on to more advanced concepts and applications.

Features to Help You Master Biomechanics—

- **New areas of coverage** include physical activity and bone formation, osteoarthritis, osteoporosis, factors influencing force and velocity development in muscle, and the effect of training on muscle activation.
- **MaxTRAQ motion analysis software** offers you an easy-to-use tool to track data and analyze various motions selected by the authors.
- **New and updated examples** from sports, ergonomics, orthopedics, and exercise science illustrate the principles of human movement.
- **Highlight boxes** draw your attention to and reinforce key concepts and applications.
- **Review questions** gauge your comprehension and help you apply the material to real-world problems.

This text's quantitative approach, coupled with its many examples and hands-on exercises, enables you to understand the fundamentals of biomechanics.

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