

# Jump into biomechanics with this definitive, user-friendly guide

Jump right into biomechanics, where the biological and mechanical worlds meet! Biomechanics is a fundamental concept that applies to a diverse range of fields, from biological sciences and sports medicine to ergonomics and engineering. If you want to ace your biomechanics class, this easy-to-use, jargon-free guide is the perfect resource!

- ***Jump into biomechanics — discover what biomechanics and kinesiology are and how they related to athletic training, sports medicine, and coaching***
- ***Twisting and turning — understand torques and moments of force, as well as what these concepts mean for the way the body moves***
- ***Touching a nerve — find out what nerves do and how they sense inputs and interact with other systems to produce motor outputs***
- ***Measuring performance — dive into the fun part of biomechanics with an overview of measuring the physical performance of the body***
- ***Ace your class — get insights about biomechanics that will help you prepare for your course on the subject and ace your exams***

**Steve McCaw, PhD**, is a professor at Illinois State University. Dr. McCaw has taught Biomechanics of Human Movement, Occupational Biomechanics, and Quantitative Biomechanics and has vast experience presenting biomechanics concepts in easy-to-understand formats for use in criminal and civil cases.

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- A guide to motion analysis and control
- Medical illustrations to drive home lessons
- Information on motion capturing systems
- Tips to get the most out of your biomechanics course

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