



# Kinesiology: Scientific Basis of Human Motion

*Nancy Hamilton, Wendi Weimar, Kathryn Luttgens*

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# Kinesiology: Scientific Basis of Human Motion

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**Kinesiology: Scientific Basis of Human Motion** Nancy Hamilton, Wendi Weimar, Kathryn Luttgens  
This introductory text provides undergraduate students with the basics of anatomy, physiology, and the applications of kinesiology. It uses a qualitative approach with an easy-to-follow writing style. Theory is balanced with many sport and real-world applications to promote the integrated nature of kinesiology, including the anatomical and biomechanical concepts.

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