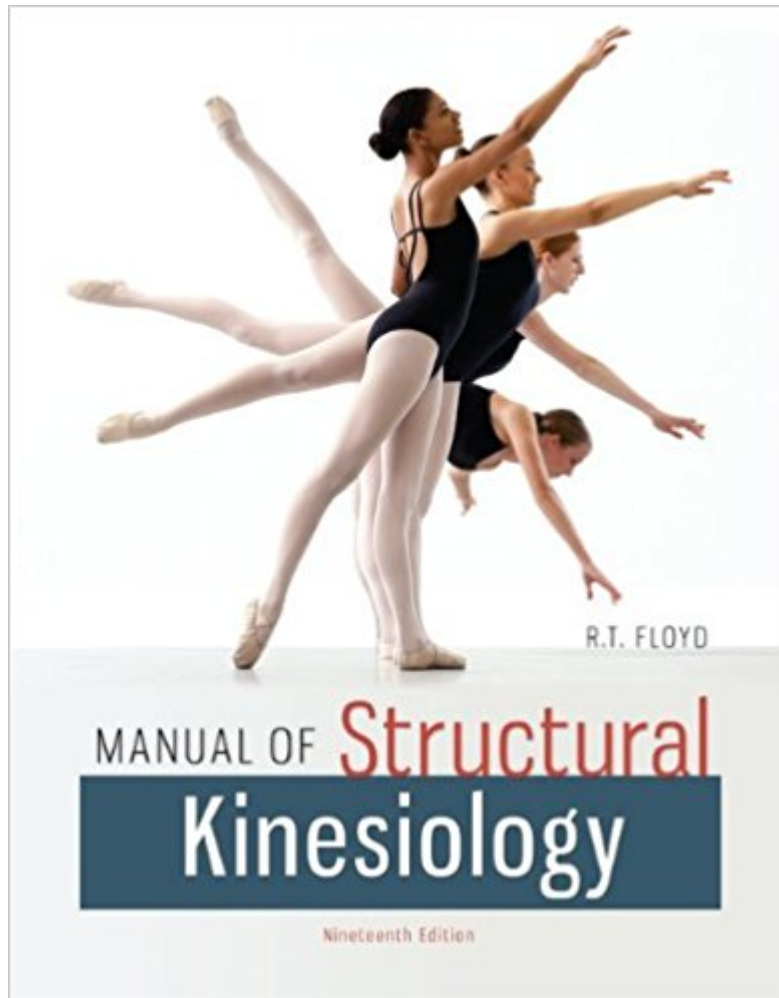




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# Manual Of Structural Kinesiology



## Synopsis

Explaining the process of human movement, Manual of Structural Kinesiology gives a straightforward view of human anatomy and its relation to movement. The manual clearly identifies specific muscles and muscle groups and describes exercises for strengthening and developing those muscles. Floyd provides important information in an accessible format through a combination of logical presentation, illustrations, and concise writing style. Instructors and students can now access their course content through the Connect digital learning platform by purchasing either standalone Connect access or a bundle of print and Connect access. McGraw-Hill Connect<sup>®</sup> is a subscription-based learning service accessible online through your personal computer or tablet. Choose this option if your instructor will require Connect to be used in the course. Your subscription to Connect includes the following:

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## Book Information

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## Customer Reviews

R.T. Floyd is in his thirty-second year of providing athletic training services for the University of West Alabama. Currently, he serves as Director of Sports Medicine and Athletic Training for the UWA Athletic Training & Sports Medicine Center, Program Director for the CAAHEP accredited athletic training education program, and as Chair and professor in the Department of Physical Education and Athletic Training. A licensed athletic trainer and emergency medical technician, Dr. Floyd is a certified member of numerous professional organizations including the National Athletic Trainers<sup>™</sup> Association (NATA), the National Strength and Conditioning Association, and the Athletic Equipment Managers<sup>™</sup> Association. He also retains active membership in the American College of Sports Medicine, the American Orthopaedic Society for Sports Medicine, the American Osteopathic Academy of Sports Medicine, and the American Alliance for Health, Physical Education, Recreation and Dance. He represents the Southeast Athletic Trainers Association (SEATA) and District IX of the NATA as District Director to the NATA Board of Directors. He also serves as Member Development Chair on the NATA Research and Education Foundation Board of Directors. Floyd has served as the Head Athletic Trainer for the Blue-Gray All-Star Football Classic in his native Montgomery for 25 years, after spending two years on the annual event<sup>™</sup>s athletic training staff. He is a 1974 graduate of Lowndes Academy, where he worked as an all-sports athletic trainer for four years, before earning a B.S. and M.A.T. in Physical Education from UWA in 1980 and 1982, as well as an Ed.D. in Human Performance Studies from the University of Alabama in 1995. Floyd was named to the UWA Athletic Hall of Fame in 2001, the Alabama Athletic Trainers<sup>™</sup> Association Hall of Fame in 2004, and tabbed an "Outstanding Young Men of America" in 1982, 1983, 1984 and 1986. He was presented the Most Distinguished Athletic Trainer Award by the NATA in 2003 and received the organization<sup>™</sup>s Service Award in 1996. He received the District IX Award for Outstanding Contribution to the field of Athletic Training by SEATA in 1990 and the organization<sup>™</sup>s highest award, the Award of Merit, in 2001. In 2004, he was inducted into the Alabama Athletic Trainers' Association Hall of Fame. He was named to Who<sup>™</sup>s Who Among America<sup>™</sup>s Teachers in 1996, 2000, 2004, and 2005. In 1996 he was presented the UWA Achievement Award by the University of West Alabama National Alumni Association. In 1997, the UWA Faculty and Board of Trustees recognized Floyd for outstanding achievement in scholarship, teaching, and leadership by presenting him with a Loraine McIlwain Bell Trustee Professorship. Previously, Floyd served as President of the UWA Faculty Senate and completed two terms as President of the Alabama Council of University Faculty Presidents.

As students we purchase dozens of books because they are required for our courses. However,

many of them are just boring, or just collect dust as they are barely used during the class. However, the Manual of Structural Kinesiology by Floyd has been a fantastic read with excellent information, it is very well written and only covers what is essential to kinesiology students. All the muscles are displayed, explained, with pronunciation for those like myself who have a hard time reading some of these Greek/Latin terms. In the back of the book there is a chart that lists muscle groups precisely, so you will better understand what muscles are being used during the most common exercises. I will end it there. Seeing that you are here, you are probably buying this book for class. This book is worth buying for sure, don't rent it. Unlike other books, this one is something you will want to keep and highlight and book mark for sure. I will be going back and forth to this book for a very long time. I would highly recommend reading it in its entirety. One of the most important things you will get out of this book is to ALWAYS make sure you have good posture... Stand of straight and keep the erector spinae muscles strong!

Every single page in this textbook is perforated, causing them to easily rip out while turning the pages. The rental I received had been heavily used and many pages were already torn, causing them to fall out when picking up the book. There were sticky notes still in it from a previous user, but I dare not pull them out because adhesive was very sticky and the paper was so fine. Information in it was good and detailed, but they needed to retire this one before renting it out.

Good Book ( Bad Setup ) ..... The pages are precut so you can pull them out from the book well that's good if you are thinking to separate pages from the book but if you want to keep using the book for many years it will fall apart in one use. so keep that in mind...

By far the best textbook I have ever bought in the three years I've been in college! If you are a kinesiology major or plan on going to PT, OT, Med, or chiropractic this bad boy will save your life with the anatomy portion of these fields (especially with AOII). Very well organized and well written. Definitely keeping this until it falls apart!

I needed this book quickly for a class at my university, but our bookstore prices are ridiculous and way too high. My instructor said we could purchase any edition of this book between edition 16-19. After buying it, I noticed the editions don't vary too much, so I had every bit of information, charts, and pictures that I needed from this book. Plus, you can't beat that price! Great product!

This book has tremendous knowledge for Human Movement, I've been using this for my kinesiology class. And this book has been really resourceful because sometime I forget terminology of a certain muscle or bone structure. This book has everything you need to know about ankles, spinal column, hip, pelvis, arms, knee and foot structures along with visuals and texts to really understand the depth of each around for overall health for them and how to strengthen them as well (give you idea on how to perform say). Overall I'm really happy with this new type of knowledge that I'm learning, just beware this is a challenging concept to grasp.

My only problem with this textbook is that it arrived as a special binder ready version. It arrived already in the binder so that was great, however, I was expecting an actual book. I checked the order after receiving it and I couldn't find anywhere where it said that this is a binder version and not a book. It would be great if this fact was mentioned somewhere before purchase.

This book is terrific! I used it for a functional anatomy class and it was so helpful to me. It is well organized with clear pictures (although note that they are only black, white, and red, not full color - however I actually think this made it easier to see). My favorite part was that it gave descriptions of how to stretch and strengthen each muscle. Definitely worth the money for anyone studying exercise science! :D

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