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Rural Renaissance: Renewing the Quest for the Good Life (Wiser Living)

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New Society Publishers, 2009. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: Each chapter opens with Chapter Objectives and closes with Final Comment, Questions for Thought, Key Terms, Advanced Resources, and References. 1. Introduction to the Sciences of Human Movement. Introduction. Historical Perspective. Early Contributions Age of Enlightenment Eighteenth and Nineteenth Century Twentieth Century Today and Tomorrow. A Family of Disciplines. Anatomical Kinesiology Biomechanics Exercise Physiology Fitness and Health Motor Development Motor Learning and Control Sport Psychology Sport Pedagogy. Highlights. Outsmarting the Future Surfing the Net: Gateway to the World. 2. The Scientific Study of Human Movement. Introduction. The Scientific Process. Bottom-up Thinking: Observation to Theory Top-down Thinking: Theory and Deduction Is Theory Necessary? Scientific Tools. Measurement Sampling Experimental Paradigms Statistics. Experimental Validity. Internal Validity: Cause of the Results External Validity: Generalizability Ecological Validity: The Real World. Research and Theory Into Practice. Highlights. Computers: A Historical Perspective Ethical Treatment of Human Subjects Chaos in the Brickyard. 3. Anatomical Kinesiology. Introduction. The Skeletal System. Bone Articulations and Joints Muscle Attachments Anatomical Planes and Axes Anatomical Lever Systems. The Central Nervous System. The Brain The Spinal Cord. The Peripheral Nervous System. Neurons: The Communication System The...



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