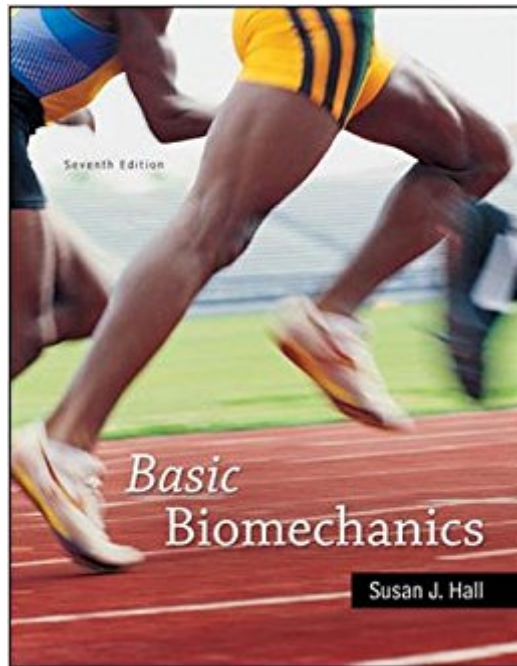




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# Basic Biomechanics (B&B Physical Education)



## Synopsis

The seventh edition of Basic Biomechanics has been significantly updated from the previous edition. The approach taken remains an integrated balance of qualitative and quantitative examples, applications, and problems designed to illustrate the principles discussed. This edition also retains the important sensitivity to the fact that some beginning students of biomechanics possess weak backgrounds in mathematics. For this reason, it includes numerous sample problems and applications, along with practical advice on approaching quantitative problems. With balanced, integrated coverage of applied anatomy, mechanical principles, and relevant sport and daily living applications, this text introduces you to the basics of biomechanics. The quantitative aspects of biomechanics are presented in a manageable, progressive fashion, with practical advice on approaching both qualitative and quantitative problems in biomechanics. 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 Education's Connect 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: SmartBook - an adaptive digital version of the course textbook that personalizes your reading experience based on how well you are learning the content. Access to your instructor's homework assignments, quizzes, syllabus, notes, reminders, and other important files for the course. Progress dashboards that quickly show how you are performing on your assignments and tips for improvement. The option to purchase (for a small fee) a print version of the book. This binder-ready, loose-leaf version includes free shipping. Connect is sold separately and does not come automatically with the purchase of the textbook.

## Book Information

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Great experience

Great book! Exactly what I was looking for!

delivered in excellent condition

Works just as good as the new edition. It's considered a text book thus it's rather boring, but it provides a lot of needed information for classes such as Kinesiology

Looks brand new.

Decent read.

Book was in very good shape just as I had hoped!

Mostly it was a review of the kinesiology book that my teacher used. Worked well for my class and was cheap.

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