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parasympathetic nervous system and senses I have been teaching college level human anatomy and physiology for many years as well as other courses My other classes taught have included pathophysiology biology zoology microbiology and others I have learned through the years the best ways to learn the most information in the least amount of time This guide will give you the important information from the chapters which will be what you are most likely to see on an exam Sample questions will be included which are also the most likely for you to see on an exam Note also that this book is not a guide for A P lab This book will cover the topics needed for the first half of a two semester college level Human Anatomy Physiology **Anatomy in Action** Theodore Dimon, Jr., 2021-10-19 An illustrated guide to the core design principles of the body s musculoskeletal system for kinesiologists movement therapists yoga teachers dancers and bodyworkers of all kinds What does knowledge of anatomical structure have to do with preventing everyday muscular aches pains and injuries According to Dr Theodore Dimon everything Our bodies are designed to work holistically supported by an intelligently organized system of muscles bones and connective tissue So when we target problem spots by stretching relaxing or strengthening individual muscles we bypass the dynamic interconnected network that enables healthy functioning and injury prevention Understanding how this system works in action is the key In this groundbreaking guide Dr Dimon describes the basic principles that govern our bodies musculoskeletal architecture and provides practical exercises to activate specific muscle groups and demonstrate our bodies efficient holistic function Readers will learn about dynamic design and the body in action including How the musculoskeletal system works as a whole The relationship between proprioception and muscle length About maximizing spinal shoulder hip arm and leg stability and health The important role of breath and breathing About posture and musculoskeletal support With more than 300 illustrations this is an ideal resource for students and practitioners of kinesiology bodywork movement sport kinesiology dance and all readers searching for a dynamic guide to the human body

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