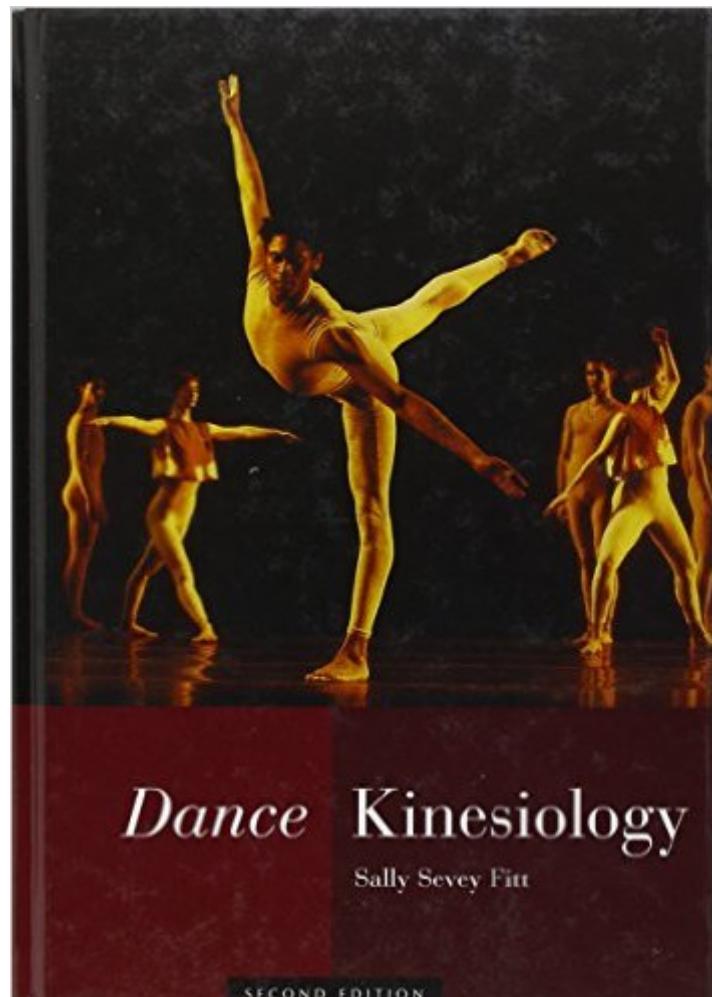


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# Dance Kinesiology, Second Edition



## **Synopsis**

Dance Kinesiology reflects modern techniques and includes articles addressing eight important systems of body work: the Pilates Method, Rolfing, the Feldenkrais Method, the Alexander Technique, Ideokinesis, Body-Mind Centering, the Bartenieff Fundamentals, and Laban Movement Analysis.

## **Book Information**

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## **Customer Reviews**

Dr. Fitt's book fills an important gap in the education of all dancers. Anatomical knowledge is of crucial importance to dancers and this book qualifies as both a basic reference for beginners and as an important resource for intermediate/advanced students of the body. It is easy to read but is not lacking in depth. My only complaint (about the first edition) is that all of her dancers are headless (there is no chapter on the head - Alexander would roll over in his grave!). This minor oversight should in no way take away from the monumental achievement of this most excellent book

This book (in the second edition) is a fantastic resource for dancers, dance teachers, Pilates instructors, and physical therapists in training. It covers a lot of functional anatomy as it relates to dance. The first 2/3 of the book are devoted to anatomy. The last 1/3 is devoted to articles on various topics related to dancer health and conditioning. There is an excellent article on Pectoralis Minor Syndrome - a condition that I have not seen addressed in other texts outside the physical therapy arena. The chapter on Somatics, Relaxation, and Efficiency is very useful, with the exception of the article on Pilates, which reads like advertising copy for the Pilates Studio in NY. Mary Bond

writes the article on Rolfing which is an excellent article for introducing Rolfing to people who may not have been exposed to the method before.

I have read a few dance kinesiology texts. I ENJOY reading Sally Fitts book - it is on my nightstand and I LOOK FORWARD to reading a few more pages each night. I look for breadth of exposure in an introductory kinesiology text, and Fitt's text has been outstanding in this regard. More depth from other sources is necessary for depth of understanding in many areas, but this is a remarkable (perhaps my favorite) introduction to the subject material.

This was such an easy transaction! My daughter needed this book for college in January and this rental was the best price I could find. The book came quickly, was in wonderful condition and all the expectations and instructions were clearly explained. She used the book this past semester, and then even sent me a reminder that its return date was coming up. I had saved the original box so I just printed the label, followed the instructions and dropped the book in a mail box. I was able to track it from the label, saw when it was accepted back, and within just a matter of days, I received confirmation that the rental was closed! So easy and effortless! I highly recommend using this service!!!!!!

This book is a great resource for dancers and physical therapists alike. The concepts are presented in a clear and concise manner and the chapters include useful exercises to help make the material stick. The book also includes exercises and health plans for common dance and athletic ailments which is useful for readers! This is a textbook that is valuable for taking care of yourself, learning about kinesiology in general and as it relates specifically to the dancer, and supplements your research and papers as a source. This is a textbook to keep well after your course and would be an excellent teaching tool.

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