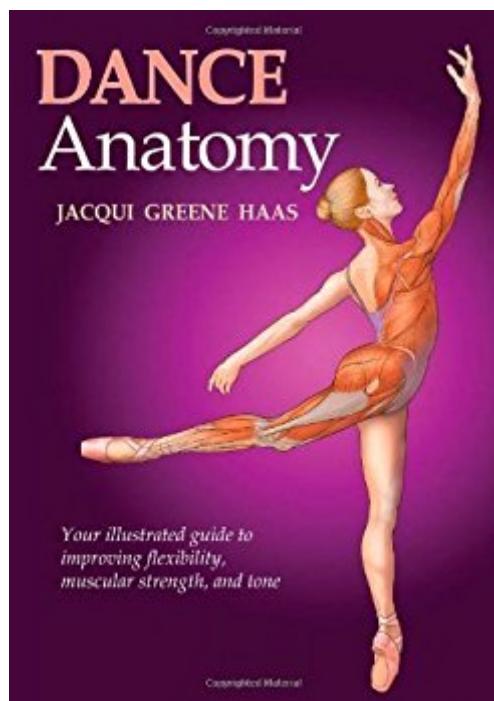


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# Dance Anatomy (Sports Anatomy)



## **Synopsis**

Powerful, expressive, and compelling! Now you can see what it takes to be a stronger, more elegant dancer. Featuring over 200 full-color illustrations, Dance Anatomy visually depicts the unique relationship between muscle development and aesthetic movement as never before. Dance Anatomy features 82 of the most effective dance, movement, and performance exercises, each designed to promote perfect alignment, improved placement, proper breathing, and prevention of common injuries. In stunning detail, the accompanying illustration captures the dancer in motion and highlights the active muscles associated with each movement. You'll learn how to modify exercises to target specific areas to enhance flexibility and reduce muscle tension. You'll also learn to put it all together to personalize a program based on your style of dance, level of expertise, and individual needs and goals. Whether you seek to optimize performance, add a new movement to your repertoire, or minimize muscle fatigue, stress, and injury, Dance Anatomy is your perfect partner. v

## **Book Information**

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## **Customer Reviews**

When I found out that Jacqui Haas was writing this book, I was so excited that I convinced my

Human Kinetics rep to give me a PDF copy because the book hadn't been published yet. Upon reviewing it, I immediately adopted it as the text for my undergraduate course in Dance Kinesiology. Our university got some of the first ones off the press. I wanted to change textbooks for my course because students needed something more accessible and practical. This book is definitely it. I actually altered how I teach my course in order to incorporate the various exercises that Jacqui offers. In addition, I teach under the quarter system (rather than the semester system), so I have a very limited amount of time to communicate a lot of information. "Dance Anatomy" has been extremely helpful in helping me set a more achievable framework for this. For an undergraduate, science-based class like Dance Kinesiology, I prefer some extra anatomy content. I can easily add this into my teaching sessions from the outstanding foundation Jacqui lays in "Dance Anatomy." My students have gladly received the book, and are encouraged by its straightforward, readable approach. As a scientist working with artists, I find that this text is ideal for my artistic students, many of whom are new to grappling with science. As is typical of Human Kinetics' books, the illustrations in "Dance Anatomy" are outstanding, and this helps students visualize the anatomy that makes them move. The book celebrates both the amazing design of the human body and the equally amazing ability of the body's anatomy to bring forth the beauty and athletic artistry of dance. While appropriate for a wide audience, the book will be especially useful for dancers from high school age upward, dance teachers, and instructors of undergraduate Dance Kinesiology classes. Jeff

Russell Assistant Professor of Dance Science University of California, Irvine

I have been dancing for 17 years, and have always loved anatomy, and this is one of the few books that truly combines my two passions. As a physical therapy veteran (have been in and out of PT since a young age) and a physical therapy student, this book is a great guide for dancers, their teachers, and their physical therapists. Many of the exercises in this book I have done in PT sessions, and they have helped me improve not only my strength but my technique. The author does a great job of not only explaining complex anatomy of the movements, but also relating it to various dance forms that makes it interesting and relevant to the reader. A phenomenal book for any serious dancers, and anyone who teaches or treats them.

Jacqui has done an amazing job of speaking the language of the dancer. She uses anatomical references in a way that relates to both performing artists and the clinicians who are caring for them. The illustrations are excellent and key to the clear description of muscle action and movement patterns. This book is a great way to educate the dancer and is also a great tool to use to educate

students who are pursuing a career in performing arts medicine. As a dancer what I liked best about "Dance Anatomy" was the practical application of the examples given. As an athletic trainer what I liked best about "Dance Anatomy" was the clear descriptions of exercises commonly used by performing arts medicine professionals but rarely defined well. Outstanding book, and long overdue!!

As an adult beginner I found this book to be a helpful tool. It has very detailed and helpful information along with understandable imagery of the dancer's anatomy. This is very helpful in training and developing technique. I found the safety tips on how to prevent injuries very useful! Most definitely agree this book should be owned by every dancer young and old!

I bought this book upon peeking into Yoga Anatomy at the Nature and Science Museum. Looking to save money and buying it used, to save a tree ;) this book popped up on my recommendations and as a dancer I thought: "hmmm... that looks useful". So I ordered it and when I received it I couldn't put it down. The reason why this book is such a plus is due to the incredibly helpful illustrations that go with the great specified workout suggestions and inform you exactly about what muscle is being targeted. Also the "Dance Focus" next to every workout, showing and explaining in what area of dance or during what kind of move you would use that muscle. The book is split into the sections of the body and each chapter begins with a wonderful Info on that area of the body, including illustrations of skeletal structure and then the muscle layers atop that. After I had the book for a few days I decided it wouldn't be a bad idea to actually know those bones and muscles by heart, so I stuck little pieces of blank paper over the words and started studying instead of just reading it all and it helped me immensely in the actual workouts. My Arm, Adductor, Hamstring, Knee and Relevé Strength has improved considerably since I've been working with this book. A must have, if you want to improve specific aspects of your dancing!!!

Absolutely brilliant! An incredibly useful 'virtual tour' of the dancer's body/muscular structure in action - enhanced with related (Pilates-style) strengthening exercises... dancers, teachers, choreographers - and those working in related fields - will love this.

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