



Introduction to Kinesiology: A Biophysical Perspective

Peter Klavora

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Introduction to Kinesiology: A Biophysical Perspective was written and designed specifically for introductory courses focusing on the biophysical aspects of kinesiology and exercise science. This package is the newest addition to our line of kinesiology-related resources and offers a student-friendly overview of the major areas of study in physical activity and health from a biophysical perspective: introduction to the field of kinesiology; anatomy; sports medicine; physiology; sports biomechanics; technology and sport; motor learning; nutrition; weight management; physical fitness; and career opportunities.

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