

The Anatomy Of Exercise And Movement For The Study Of Dance, Pilates, Sports, And Yoga By Jo Ann Staugaard-Jones

By Jo Ann Staugaard-Jones

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About the Author: Jo Ann Staugaard-Jones is a Professor of Dance and Kinesiology, and has been teaching for over 30

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The interactive muscle anatomy diagram shown below outlines the major superficial (i.e. located immediately below the skin) muscles of the body.

<http://www.shapesense.com/fitness-exercise/muscle-anatomy/>

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Skeletal muscle is clearly a topic of major importance in the context of Anatomy and Exercise and is thus covered in four of the symposium reviews.

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC210212/>

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JO ANN STAUGAARD-JONES is a professor of and The Anatomy of Exercise and Movement for the Study of Dance, Pilates, Sports, and Yoga currently teaches interactive
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