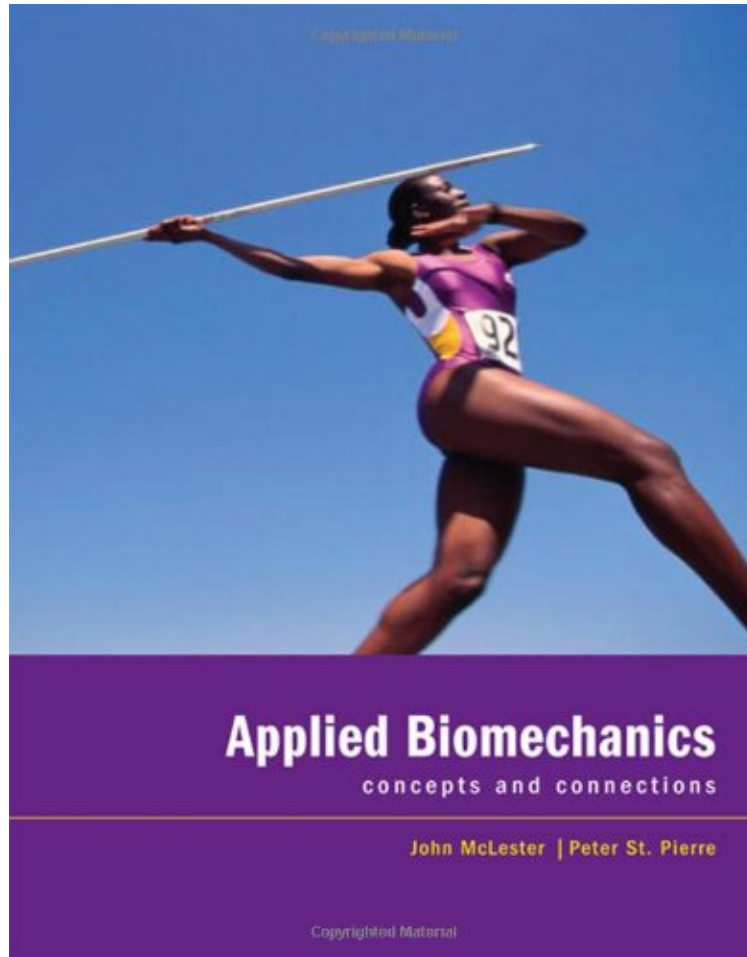


# Applied Biomechanics: Concepts and Connections

*John McLester, Peter St. Pierre*

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APPLIED BIOMECHANICS: CONCEPTS AND CONNECTIONS is comprehensive in coverage and focuses on making connections between biomechanics and other subdisciplines of Exercise Science. The text begins with a qualitative, conceptual explanation and then moves to a mathematical one, including both qualitative and some

mathematical examples. The text also includes a brief review of anatomy.