

- **1 What Is Biomechanics?**
- **2 Kinematic Concepts for Analyzing Human Motion**
- **3 Kinetic Concepts for Analyzing Human Motion**
- **4 The Biomechanics of Human Bone Growth and Development**
- **5 The Biomechanics of Human Skeletal Articulations**
- **6 The Biomechanics of Human Skeletal Muscle**
- **7 The Biomechanics of the Human Upper Extremity**
- **8 The Biomechanics of the Human Lower Extremity**
- **9 The Biomechanics of the Human Spine**
- **10 Linear Kinematics of Human Movement**
- **11 Angular Kinematics of Human Movement**
- **12 Linear Kinetics of Human Movement**
- **13 Equilibrium and Human Movement**
- **14 Angular Kinetics of Human Movement**
- **15 Human Movement in a Fluid Medium**
- **Appendices**
- **A Basic Mathematics and Related Skills**
- **B Trigonometric Functions**
- **C Common Units of Measurement**
- **D Anthropometric Parameters for the Human Body**