



# Foundations of Kinesiology: Studying Human Movement and Health (2nd edition)

*Peter Klavora*

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**Foundations of Kinesiology: Studying Human Movement and Health (2nd edition)** Peter Klavora  
FOUNDATIONS OF KINESIOLOGY (2nd ed.) is a textbook designed for senior high school and introductory college and university programs in kinesiology, physical education, and exercise science. The book explores the multifaceted world of kinesiology: the study of human movement and the body's response to exercise. It examines the systems, factors, and principles involved in human development within the context of society. Relevant fields in the study of kinesiology include anatomy, physiology, biomechanics, nutrition, motor learning and control, and sport psychology, sociology, and philosophy. The relevant career options available to students in the field are also examined.

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