



The Neuroscience Of Human Movement, 1e

By Charles T. Leonard



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Covering the basics of neuroscience, including a chapter on the vocabulary of the nervous system (a great brush-up even for those who have some prior knowledge of neuroscience), this excellent reference eases the student through more difficult topics such as reflexes, eye-hand coordination, and neural control of running and walking. Each chapter begins with an outline, and a comprehensive glossary rounds out the book. More than 50 original line drawings illustrate key concepts.

- * Presents difficult information on neuroscience in an easy-to-understand manner.
- * Explains the major organizational subdivisions of the central nervous system briefly, with an emphasis on structures and structural relationships that impact motor control.
- * Presents typical spinal cord and brainstem reflexes involved in motor control and discusses the methods for using these reflexes to influence strength gains and muscle flexibility.
- * Includes the most current research on the neural control of hand-eye coordination, discussed in relation to its importance to rehabilitation medicine and childrens' physical education.
- * Chapter on the neural control of human locomotion integrates concepts in previous chapters to show the harmony of neural interaction that is needed to complete any motor act.
- * Includes the latest research (by the author) showing that humans can consciously alter reflex activity and the impact of these findings on athletic performance, recovery from injury, and motor learning.
- * Concepts are illustrated with anecdotes and examples making difficult information less intimidating and easier to grasp.
- * Includes topics like hand-eye coordination and human locomotion, applying neuroscience to everyday activities and making highly theoretical information useful.
- * More than 50 original line drawings illustrate key concepts.
- * Chapter outlines give students an overview of the information to be presented.
- * Comprehensive glossary provides an easy review of difficult terminology.



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