



**Biomechanics of Human Motion, Basics and Beyond for  
the Health Professions; Barney F. LeVeau;  
SLACK Incorporated, Thorofare, NJ, USA, 2010,  
ISBN: 978-1-55642-905-7**

by  
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The text is primarily aimed at students in medicine, physiotherapy and health related disciplines. The focus of this book is on force. It covers both the basic principles and applications of biomechanics in many disciplines, including exercise science, physical therapy, sports medicine, orthopedics, and ergonomics. The mechanical concepts used in human motion biomechanics are clearly explained. Each chapter concludes with a number of suggested Activities followed by the Reading List. For anyone interested in biomechanics of human motion this book will prove to be a valuable source of references. After studying this text, the student will be able to critically evaluate the biomechanics literature. Combining a description of principles theories and applications in one book, has an important advantage in that it allows students to develop their own independent and critical view.

The book covers 7 different chapters. At the beginning of each charter, there is highlighted objective section of the main issues that will be covered. The text begins with several chapters on basic engineering science subjects, including force, strength of materials, equilibrium, friction and

dynamics followed by presentation of various applications. Among the applications, attention is dedicated to sport biomechanics, exercise physiology, and motion analysis. Considering that the book already contains almost 200 pages and given the author's goal "to present the basic principles of biomechanics and to provide techniques and examples for approaching biomechanical situations" the chapters are rigorously presented and generally very well written, providing a significant amount of information in a short space. The text is well-indexed, allowing cross-referencing of topics across chapters.

One more attractive characteristic of this book is the wealth of pictures, schemes, and tables which make available to the reader a massive amount of valuable information. At the same time, mathematical formulations and technical details are kept at the minimum, indispensable level so as to guarantee sound and complete information. Though the quality of reproduction is not always optimal, they do add to the clarity of the text as a whole. The biggest drawback of the textbook is the system of

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units. Whereas in Europe the International System of Units (SI) is commonly accepted the English system is preferred in the book. However, the conversion table provided in the appendix allows the reader to convert with little difficulty units from English to SI and vice versa.

After reading it, my opinion is that this book will certainly be useful to explore different areas in

biomechanics for health professionals, or students who need a brief but concise and profound analysis for a particular topic. In conclusion, I would recommend this book to anyone interested in the biomechanics.

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