

ANATOMIE



Functionele Anatomie
Mevr. Verstraete

Functionele Anatomie En Fysiologie Assortimentl

**A.J. Salome Noyons] (A. Huson, P.J.
Brouwer; [ill. J. Tinkelenberg, A.A.
Horssen, E.F.W.M. van)**

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Functionele anatomie. - 2 dln A.J. Salome Noyons] (A. Huson, P.J. Brouwer; [ill. J. Tinkelenberg, A.A. Horssen, E.F.W.M. van), 1971

Functionele Anatomie en Beweging Eos A.I. Saage, 2025-09-03 Dit anatomie boek biedt een diepgaand inzicht in de functionele anatomie en fysiologie van het menselijk lichaam gericht op een helder begrip van beweging en stabiliteit Het is ontwikkeld voor iedereen die het menselijk lichaam begrijpen wil met een specifieke focus op toegepaste krachtraining anatomie en functionele yoga anatomie De inhoud start met de fundamenteën van de anatomie en fysiologie U leert over het skeletstelsel als basis voor houding met aandacht voor de structuur en functie van de wervelkolom en de verschillende gewrichtstypen Verder wordt het samenspel tussen het zenuwstelsel en de spieren gedetailleerd beschreven inclusief de aansturing via motorische eenheden en de rol van proprioceptie Ook de functie van het fasciale weefsel voor krachtoverdracht wordt behandeld Een centraal deel van dit anatomie en fysiologie boek is de functionele atlas van de musculatuur Deze sectie beschrijft de spiergroepen van het boven en onderlichaam zoals de rotatorenmanchet de rompspieren de heupmusculatuur en de diepe rugspieren Elk anatomie boek spier onderdeel legt de nadruk op de coördinatie en het samenspel van de spieren bij het uitvoeren van bewegingen Het boek verbindt theoretische anatomie met de praktijk In het hoofdstuk over toegepaste krachtraining analyseert u fundamentele oefeningen zoals de squat deadlift en bench press U ontdekt hoe u uw training kunt optimaliseren door kennis over bewegingsuitslag en het vermijden van musculaire disbalansen De betekenis van ademhaling en rompspanning voor prestatie en stabiliteit wordt eveneens belicht Voor beoefenaars van yoga biedt de sectie over yoga anatomie waardevolle inzichten Dit yoga anatomie boek verkent stabiliteit in staande houdingen de anatomie van voor en achteroverbuigingen en de spieractiviteit bij rotaties De fysiologische werking van ademhalings technieken en ontspanning op het zenuwstelsel wordt eveneens besproken Dit maakt het een informatief yoga anatomie boeken alternatief voor wie de link tussen pose en fysiologie wil begrijpen Dit werk is meer dan een standaard anatomie en fysiologie atlas het is een praktische gids die de complexe relatie tussen structuur en functie van het menselijk lichaam verheldert Voor dit boek hebben we ingezet op innovatieve technologieën waaronder Kunstmatige Intelligentie en op maat gemaakte softwareoplossingen Deze ondersteunden ons in tal van processtappen bij het vinden van ideeën en onderzoek het schrijven en redigeren de kwaliteitsborging en bij het maken van decoratieve illustraties We willen u hiermee een leeservaring bieden die bijzonder harmonieus en eigentijds is

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