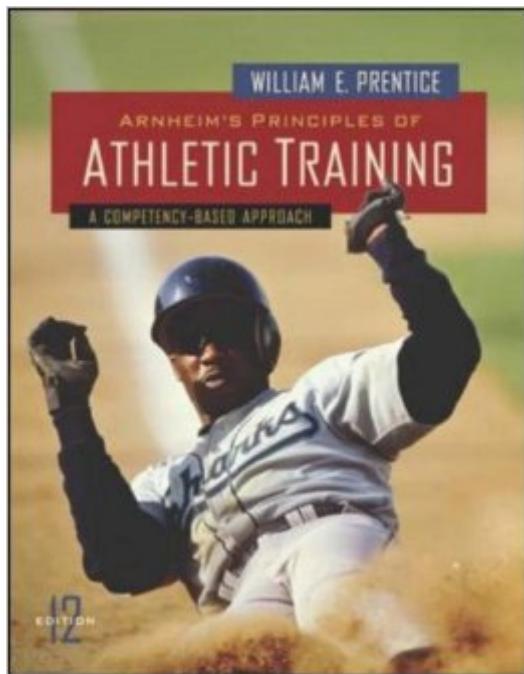


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Arnheim's Principles Of Athletic Training: A Competency-based Approach



Synopsis

Illustrated by numerous black and white photographs, this classic textbook introduces the principles trainers should follow to help athletes avoid injury, explains tissue susceptibility to sports trauma, and describes the anatomy and musculoskeletal injuries that can occur to each region of the body. The twelfth edition adds material on stretching,

Book Information

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Customer Reviews

This book came quickly, brand new quality, loaded with tons of useful information I still use today, and has not deteriorated over the past 5 years.

This is the best book for athletic training. It covers many topics and improves with every edition. It is a must for every athletic trainer.

Only got this book for class, older version so it's not the same graphs and pictures as the new one but it still has the same detail.

Great book to learn and use. the taping section is done well and by following the diagrams, I did well on my test.

Great book, arrived quickly and isn't in bad shape and has a lot of key items highlighted. Useful for class

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