



## Força dinâmica (Portuguese Edition)

*Alexandre Blass, Marcelo Semiatzh*

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# Força dinâmica (Portuguese Edition)

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**Força dinâmica (Portuguese Edition)** Alexandre Blass, Marcelo Semiatzh

Direcionado a profissionais que trabalham com o corpo, este livro expõe os princípios teóricos das ciências do movimento – como biomecânica, aprendizagem motora e fisiologia do exercício – e os relaciona com o inovador método da força dinâmica. Segundo seus criadores, garantir uma postura adequada significa favorecer uma boa aplicação de força nos gestos – o que depende da interferência na percepção corporal e no controle motor da marcha e de outros gestos cotidianos. Desse modo, é possível organizar a transmissão de força entre as articulações e os ossos a fim de preservar os tecidos corporais e melhorar a estética, o condicionamento físico e o desempenho motor. Imagens e exercícios complementam a obra, tornando-a extremamente didática.

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