Mastering Muscles & Movement

Book

Mastering Muscles & Movement — A Brain-Friendly System for Learning Musculoskeletal Anatomy and Basic Kinesiology, provides a unique and strategically organized approach for learning the muscles, bones, joints, nerves, and movements of the human body. Research in brain-based learning has been richly applied in the design of the book to facilitate understanding, memorization, and mastery of this body of knowledge.

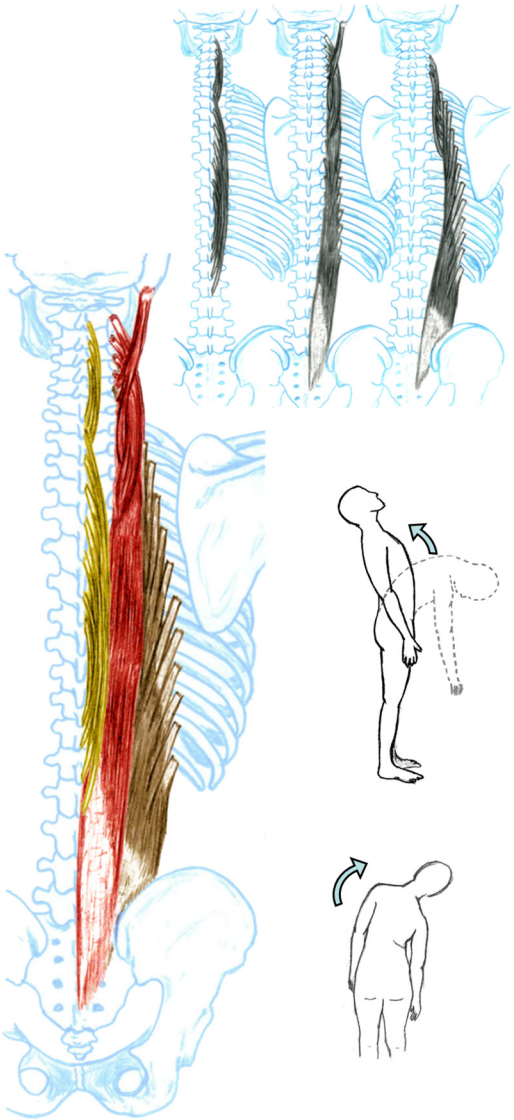
Rather than employing the usual one-muscle-per-page format, this book treats groups of muscles as "movement families" and presents them in a way that provides a rich visual, verbal, and relational learning environment.

Flashcards

These unique full-color flashcards gather all drawings and information for each muscle in the book. The front of each card gives both a muscle drawing and a red/blue **origin**/**insertion** drawing, and the reverse side has all pertinent muscle information. The cards include body-location icons, muscle ID tags, and page references to the book Mastering Muscles & Movement.

Ancillary Resources

Online materials at **www.studymuscles.com** support both students and instructors. Students have access to Study Questions, Bony Landmark Practice, the Brain-Friendly Muscle Viewer app, the MusclePlus+ Flashcard app, and much more. Instructors have access to PowerPoint presentations, homework and quizzes, and other resources.



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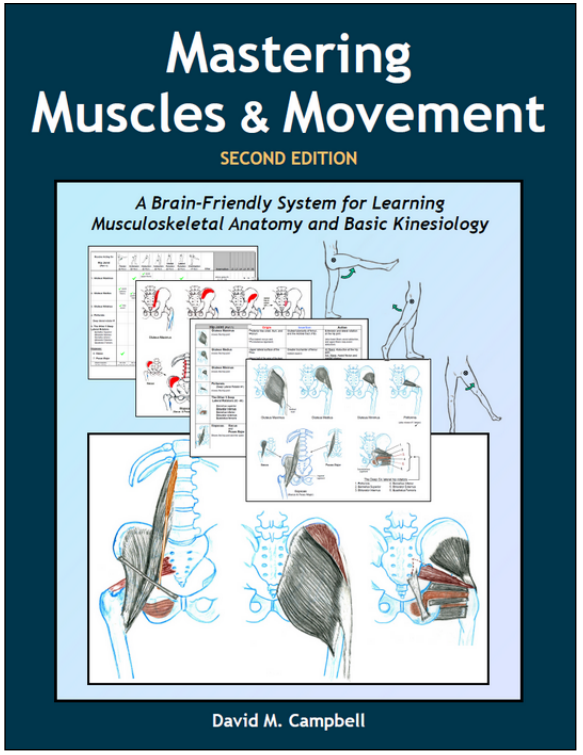

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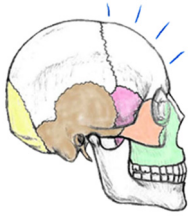
Brain-Friendly Education for the Health Sciences



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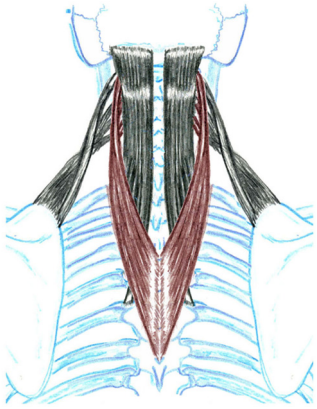
Don't just memorize muscles…

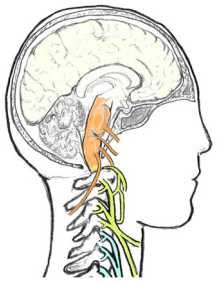
The innovative design *of* ***Mastering Muscles & Movement*** provides a ***brain-friendly*** system for learning the muscles, bones, joints, and movements of the human body.

- Accelerates the learning process and enhances long-term functional memory
- Clearly models how to organize, study, compare, and contrast the information
- Promotes learning and recall from many directions – visual, verbal, kinesthetic, relational
- Facilitates easy, repetitive self-testing while studying

… master them!



Mastering Muscles & Movement overcomes the roadblocks to learning!



Traditional teaching doesn't always translate into learning. **Mastering Muscles & Movement** (MMM) presents a fresh *approach* to learning musculoskeletal anatomy and kinesiology that is designed to leverage the natural ways the brain observes, learns, and recalls this type of information. Some key features of this research and brain-based approach include:

- **Systematic Opportunities to Easily Compare and Contrast**

  The brain is a natural pattern-recognition machine. The physical layout of images and text in MMM facilitates effective comparing and contrasting of both visual and verbal information.

- **Consistency and Clarity in Sizing, Angle-of-View and Level of Detail**

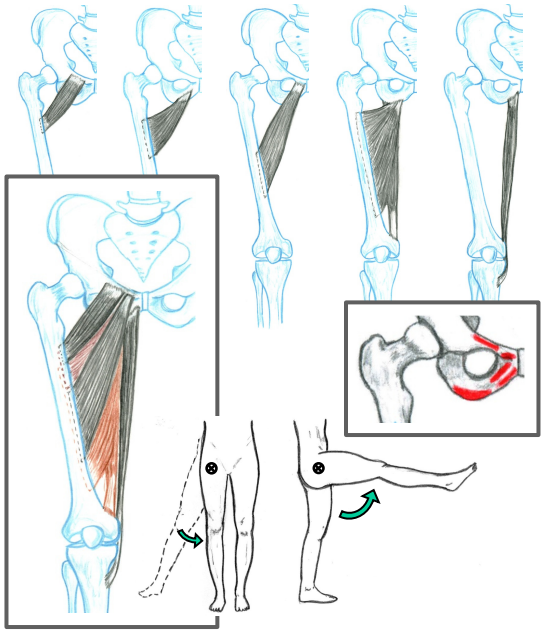
  Consistency and clarity means the brain has to expend less effort mentally rearranging, translating, filtering and imagining missing details which are needed to successfully organize the information into long-term memory.

- **Hierarchical Learning Structures**

  The brain is better able to encode and retrieve data when it's stored in a structure that contains broader categories which sub-divide into narrower, more specific topics. MMM is structured in exactly this way.

- **Context for Understanding**

  The innovative arrangement of the muscle information on each page and from page-to-page enables the brain to easily and naturally grasp the myriad details and interrelationships inherent in the study of anatomy.



Author / Illustrator

David M. Campbell, BS, LMT has been an instructor of kinesiology and human anatomy since 2001. He has been a manual therapy practitioner for over 30 years and has an enduring fascination with the intricacies of the human body, mind, and spirit. Campbell, a former engineer at the Fairchild Laboratory for AI Research in Palo Alto, CA, developed his brain-friendly approach to teaching muscles and movement based on years of experience in the study of human perception, artificial intelligence, and graphic representation of scientific information.

Additional Materials

In addition to the *Mastering Muscles and Movement* book, Bodylight Books has several resources available for students and teachers of anatomy and kinesiology. Instructional materials, study and self-testing materials, and online apps are available, which aid in multi-directional teaching and learning of the subject.

www.studymuscles.com