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### Neuromechanical Basis Of Kinesiology

#### Neuromechanical Basis of Kinesiology by Roger M. Enoka

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Muscles anterior labeled As originally proposed by Enoka, neuromechanics is a field of study that combines concepts from biomechanics and neurophysiology to study human movement. Neuromechanics examines the combined roles of the skeletal, muscular, and nervous systems and how they interact to produce the motion required to complete a motor task.

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