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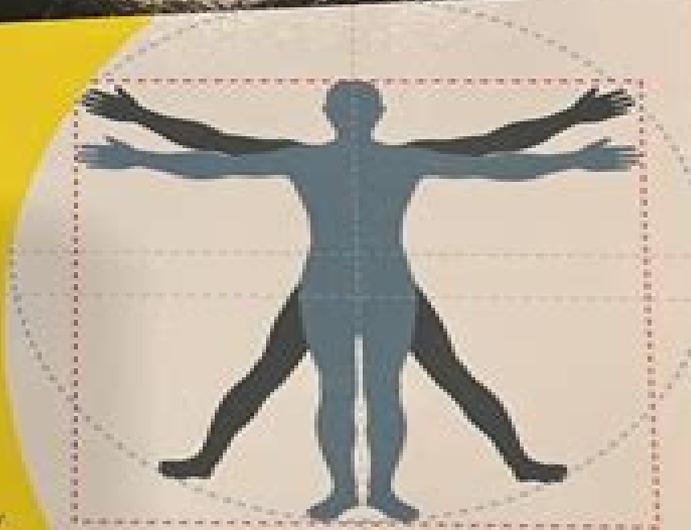
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## Learn to:

- Understand the foundational concepts of biomechanics
- Navigate the intersection of the biological and mechanical worlds
- Score your highest in your biomechanics course

**Steve McCaw, PhD**

*Professor of Biomechanics, Illinois State University*



# Biomechanics For Dummies

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