KINESIOLOGY

1. Define the following:
   (a) Anatomy
   (b) Physiology
   (c) Kinesiology
   (d) Syndesmology
   (e) Osteology
   (f) Neurology
   (g) Myology
   (h) Histology

   any part of the body with a special function.

2. What is a cell? What is the difference between a cell, an organ, and a system? a methodic arrangements of parts - The animal economy - Digestive sys.

3. Discuss what is meant by an exciting cause and a predisposing cause and give an example illustrating each. Any agent that arouses or augments organic activity - The exciting liquid in a voltaic cell (Inclining to - disease

4. What is meant by abduction and adduction in physical education? What is the difference between rotation and circumduction?

5. What is a "charley horse"? Explain the kinesiological relationship between extension and flexion, and a "charley horse."

6. List and describe three types of muscle tissue. Give examples of each.

7. Draw a diagram of a muscle cell and label sarcalemma, sarcaplasm, sarcomeres, sarcostyles and myo-neural junction.

8. A typical skeletal muscle consists of:
   (a)_____
   (b)_____
   (c)_____
   (d)_____

9. What is the approximate chemical composition of a muscle? What is a "property?" Give the properties of muscle tissue.

10. Name a muscle or ligament that derives its name from:
    (a) Location
    (b) Points of attachment
    (c) Shape
    (d) Structure
    (e) Direction
    (f) Function

11. Explain the difference between: Give examples of each.
    (a) prime movers
    (b) antagonists
    (c) fixation muscles

12. Draw a diagram of a motor neurone and label dendrites, nerve call, nucleus, axis cylinder, neurilemma, medullary sheath, and terminal branch.

13. Give the function of
    (a) nerve cell and its nucleus
    (b) axix cylinder
    (c) Neurilemma
    (d) dendrites

14. What is a lever? What is the relationship between levers and kinesiology?

15. What is a synovitis? What is a symphesis? Joints are classified as:
    (a)_____
    (b)_____
    (c)_____

16. What is the difference between cranial and spinal nerves? Name the 12 pairs of cranial nerves. Name the 31 pairs of spinal nerves. Name the sympathetic nerves.

17. What muscles are called the hamstrings, and why are they important?

18. In punting a football
    (a) What muscles of the limb are employed?
    (b) How do these muscles act on the pelvis?

19. What muscles effect flexion and extension of the knee?

20. What is the work of the following muscles in relation to the movement of the ankle joint:
    (a) tibialis anterior
    (b) Plantaris
    (c) gastrocnemius