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I(a) Kinesiology is the science which investigates and analyzes human motion. The sciences of physics, physiology and anatomy contribute basically to kinesiology. Kinesiology is a composite of these sciences.

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(b) (1) Kinesiology attempts to integrate all the contributing fields of information through direct application to the problems of the teacher of swimming, of dance, of correctives, of sports, and of all other physical education activities.

(2) Kinesiology makes an analysis and evaluation of activities.

(3) Kinesiology, by analyzing and evaluating activities, makes for better and easier teaching. This analytical ability makes possible creative, individualized and effective teaching of motor skills.

(4) A knowledge of kinesiology has its social and psychological benefits, in that through an understanding of the problems of efficiency and economy of movement a new sensitivity to and confidence in poise and grace result. Too, a better understanding of problems of physiological cost, energy budgeting and muscular tiring result.

(5) Kinesiology should give a better appreciation of posture, for the basic principles which determine the standards for sitting, standing, walking, and body carriage in general are found in this study.

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