KINESIOLOGY - ANSWERS

pp. 5,7,8, Chap. I

I.

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.

(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 creative, individualized and effective teaching of motor skills possible.

4. A knowledge of kinesiology has its social and physhological 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 timing 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 stury.

6. The analysis of movement and understanding of standards should make the teacher more aware of irregularand unusual performance, and of abnormal structure.

(At least 3 of above 6)

p. 12, Chap. II

(a) The location of motion is in the articulations of the body.

II.

p. 35, Chap. III

(b) The source of all bodily movement is in the muscles of the body.

III.

P. 13, Chap. II

(a) diarthrodial, or freely movable
(b) Amphiarthrodial, slightly movable.
Synarthrodial, immovable

pp. 13-15, Chap. II

(b) (1) arthrodial, gliding joints. Ex: articular processes of the vertebrae
(2) condyloid, joint formed by a convex prominence gliding over an adjacent surface. Ex: articulations between the carpals and the first segment of the fingers.
(3) enarthrodial, ball and socket joint. Ex: shoulder joint.
(4) ginglymus, hinge joint. Ex: elbow joint.
(5) reciprocal reception, saddle joint. Ex: found only in the thumb joint.
(6) trochoid, pivot joint. Ex: This type of joint is found in the head of the radius - where rotation is permitted.

IV.

(1) Yes
(2) No
(3) Yes
(4) Yes
(5) No
(6) No
(7) Yes
(8) Yes
(9) No
(10) Yes
(11) Yes
(12) No
(13) Yes
(14) No
(15) No
(16) Yes
(17) Yes
(18) Yes
(19) No
(20) No