

83.5

Kinesiology Exam.

I. a) Kinesi = Greek means movement or motion. Kinesiology is the science which investigates and analyzes human motion.
+ Relationship to physiology - functions of the body.
Anatomy & structure " " "
10 Physics gives in this the mechanical action, (shows the levers, centre of gravity, base of support, Newtonian law of inertia, reaction and acceleration).
Physical education - exercises sports etc.

b) 1. A better understanding of the exercises.
2. Gives a better posture corrects the deviations in some movements.
3. Makes it easier to teach the exercises.

II. a) The location of motion is in the 5 articulations.

b) The source of bodily motion comes from the spine and nerves, muscles