

Catherina Croce

F For - Dr. Allen.

## Kinesiology;

Definition, History, Relation  
to other sciences.

Contributions

~~we~~ in connection with  
Physical Education.

Articulations - I like  
joints. I know the names  
in French, but could explain  
in English. Vertebrales of  
the back-bone. We did  
not have to know all the  
structures of the human  
body for this course.

Antagonists.

Muscles - the most im-  
portant ones <sup>only</sup> muscle  
group, their action etc.  
like: Sterno-Cleido-Mastoidien,  
Deltoides, biceps, trapèze, angu-  
laire, Rhomboïde, pectoraux,  
Diaphragm, Fessiers,  
quadriceps, soleaire.

Some important exercises  
for the neck, f back,  
Abdomen etc; f statistic  
mouvements, voluntary  
+ involuntary muscles.

Exercises with resis-  
tance. Contraction of  
muscles. Respiration

exercises. In this

course we were  
not required to know  
the nervous system  
nor the circulatory