

mechanics, of body balance, and 7 graphic representation as related ^{out of} particularly to locomotion. It was ^{these} studies that the science of kinesiology was founded.

Today, we still continue to probe into the mysteries of human functioning. Mental activity is largely manifest in muscular forms; and both are dependent upon the functioning of the rest of the body. Thus movement (motor activity) becomes of interest to the physiologist, psychologist, the educator, and the physician. But it is ^{through} physical education ~~and the field of~~ that the remedial specialists, with their detailed understanding of the locomotor and manipulative skills, should come.

IV

Select any motor activity which you perform rather frequently. Study your actions from the standpoint of waste