

motions and apparent causes of fatigue if continued. If you perform it efficiently, how do you think you achieved this? If you perform it inefficiently, how could you go about improving your efforts?

Answer: (as varied as are the individuals answering the question)

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Discuss briefly why the articulations of the body are the hinges upon which the study of kinesiology swings.

Answer: Movement takes place in the body articulations. They are the loci of motion - just as the hinges of a door or the axle of a wheel ~~is~~ are the