

CHAPTER 1: FOUNDATIONS OF STRUCTURAL KINESIOLOGY

TERMS:

- **Kinesiology:** study of motion or human movement
- **Biomechanics:** application of mechanical physics to human motion
- **Structural kinesiology:** study of muscles as they are involved in science of movement
 - Both skeletal and muscular structures are involved

ANATOMY VS. FUNCTIONAL ANATOMY

- **Anatomy:** the science of structure of the body, focuses on structure
- **Functional anatomy:** the study of the body components necessary to perform a human movement or function, focuses on function

REFERENCE POSITIONS

- **Anatomical position:** standing in an upright posture, facing straight ahead, feet parallel and close and palms facing forward
- **Fundamental position:** is essentially same as anatomical position except arms are at side and palms are facing the body

BODY REGIONS

- **Axial**
 - Cephalic (head)
 - Cervical (neck)
 - Trunk
- **Appendicular**
 - Upper limbs
 - Lower limbs

PLANES OF MOTION

- Imaginary two-dimensional surface through which a limb or body segment is moved
- Motion through a plane revolves around an axis
- There is a 90-degree relationship between a plane of motion and its axis

AXIS OF ROTATION

- For motion to occur in a plane, the joint must rotate about an axis, oriented 90 degrees to the plane of motion
- The axes are named in relation to their orientation

CARDINAL PLANES AND AXES OF MOTION

- **Sagittal Plane- Frontal Axis**
 - **Sagittal Plane:** divides body into right & left halves (ex- sit-up)
 - **Frontal Axis:** same orientation as frontal plane
 - Perpendicular to sagittal plane
 - Runs medial / lateral
 - Commonly includes flexion & extension
- **Frontal Plane- Sagittal Axis**
 - **Frontal Plane:** divides the body into anterior and posterior halves (ex: jumping jacks)

Chapter 1 structural Kinesiology Answer Key

M Mark



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The Enigmatic Realm of **Chapter 1structural Kinesiology Answer Key**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing short of extraordinary. Within the captivating pages of **Chapter 1structural Kinesiology Answer Key** a literary masterpiece penned with a renowned author, readers attempt a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting impact on the hearts and minds of people who partake in its reading experience.

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