

## **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 of 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 Foundations Of Structural Kinesiology

## Exercise Answers

**R. T. Floyd**



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joint positions concave convex rule Lombard's paradox and a lever terminology table Chapters 4 through 11 now have a table detailing how to locate and palpate the key bony and joint landmarks The labeling and captions in many figures have been enhanced with further details Terms for the peroneal muscles and nerves have been changed to more current international term fibular or fibularis In many cases fibularis is directly followed by peroneal in parenthesis to avoid confusion Further details on the plantaris muscle have also been added Additional references have been added along with some revisions and additions to the review and laboratory exercises and end of chapter worksheets Additional questions and exercises will continue to be added to the Online Learning Center Finally a few new terms have been added to the Glossary

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