

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

Joacim Rocklöv



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