Kinesiology: Definition –

Kinesiology Triad:

KINESIOLOGY TRIAD: ANATOMICAL / STRUCTURAL

Tissue Categories:

Structural / Functional differences:
Skeletal Muscle:

Functions:

Terminology:
- **Origin** –
- **Insertion** –
- **Prime Mover/Agonist** –
- **Antagonist** –
- **Synergist** –
Phases of Movement:

Joints:
Articulation –

Classifications:

Movement:

Structure:

Synovial Joints:
Ball & Socket –
Saddle –
Hinge –
Plane –
Pivot –
Condylar –

Levers:
1st Class

2nd Class

3rd Class
Body Planes:

Connective Tissues:

Collagen:

Integumentary System:
Dermis

Dermal Functions:
KINESIOLOGY TRIAD: PHYSIOLOGICAL/CHEMICAL

Primary Neurotransmitter:

Neurological Control:

Basal Ganglia / Basal Nuclei

Cerebellum

Cerebral Peduncles

Occipital lobe
  Visual Nerve Pathway

  Stereoscopic Vision
Mechanoreceptors
   Golgi Tendon Organ
   Spindle Apparatus
   Pacinian Corpuscles
   Meissner Corpuscles

Spinal Tracts
   Afferent:
   Efferent:

Reflexes
   3-Neuron Reflex Arc / “Withdrawal Reflex” –

   Simple Reflex Arc / “Monosynaptic –

   Cross Extensor Reflex Arc / “Contralateral” -

KINESIOLOGY TRIAD: PSYCHOLOGICAL / EMOTIONAL

Age Related Changes: