

Back-to-Basics Functional Kinesiology Review

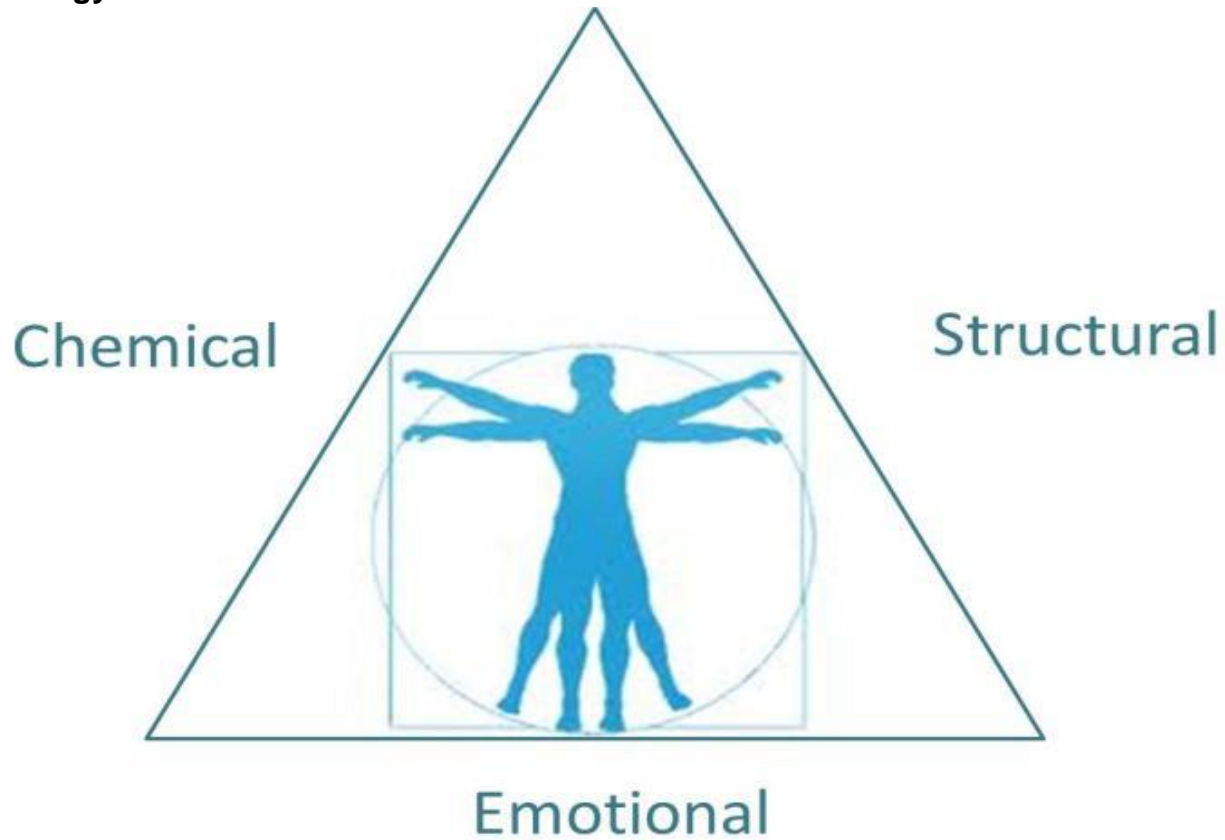
MiOTA Conference

October 13, 2018

Kinesiology:

Definition –

Kinesiology Triad:



[Harmony, Hitchin](#)

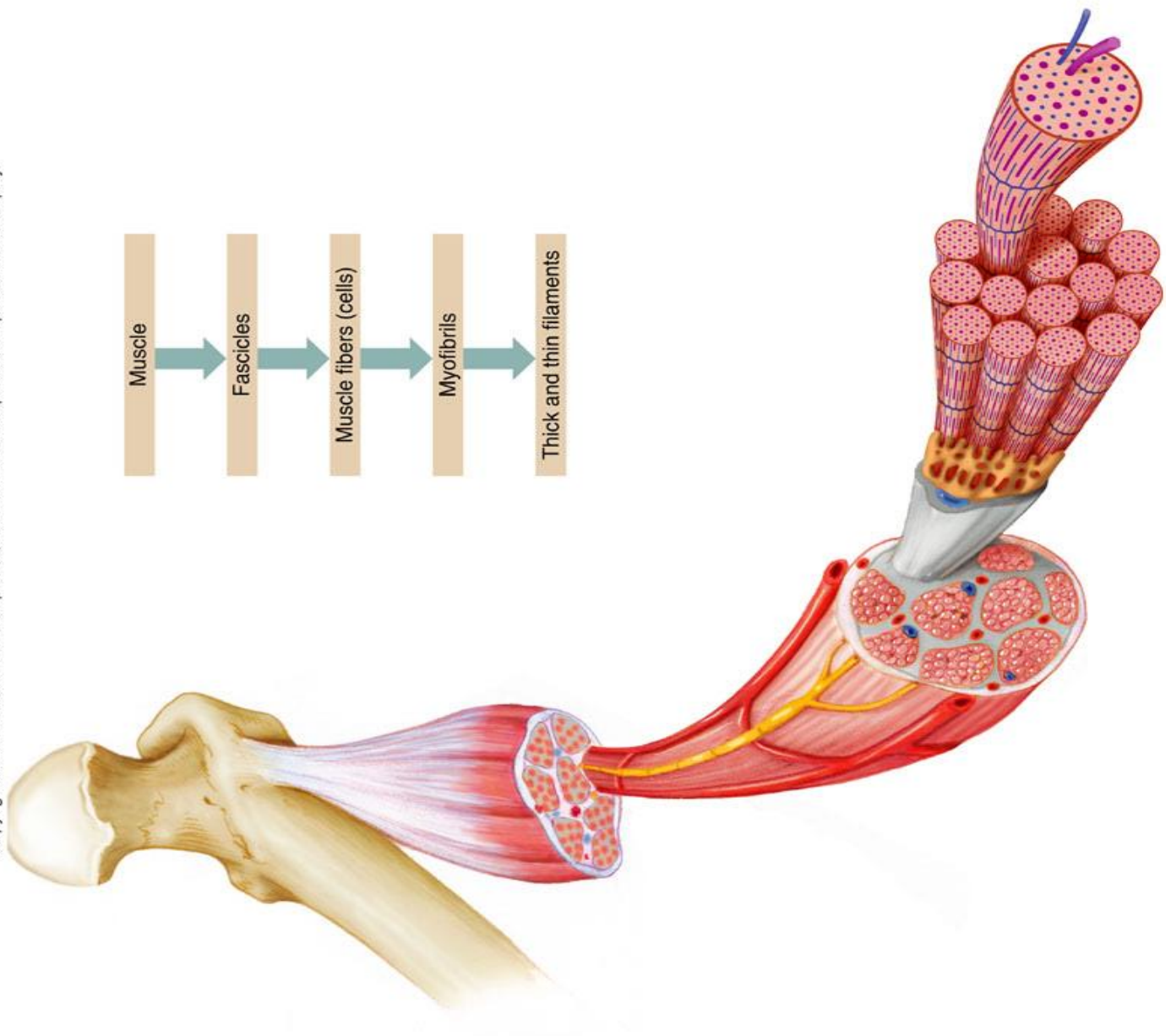
KINESIOLOGY TRIAD: ANATOMICAL / STRUCTURAL

Tissue Categories:

Structural / Functional differences:

Skeletal Muscle:

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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 -

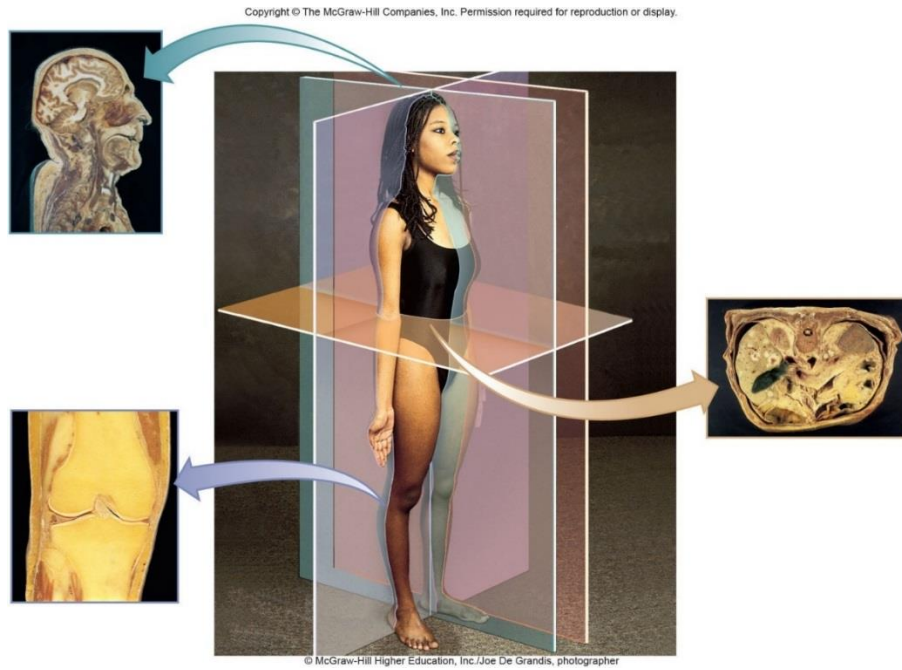
Levers:

1st Class

2nd Class

3rd Class

Body Planes:

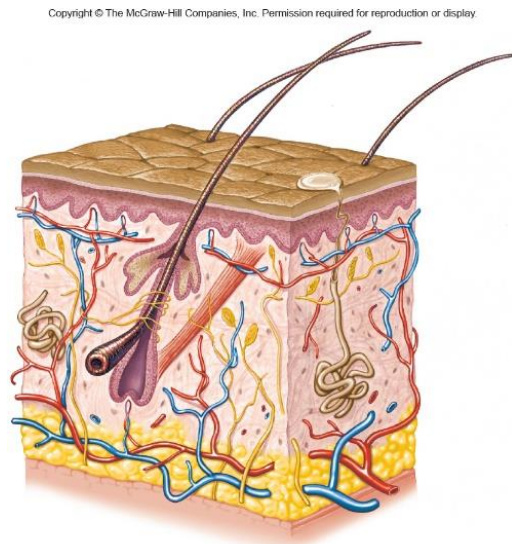


Connective Tissues:

Collagen:

Integumentary System:

Dermis



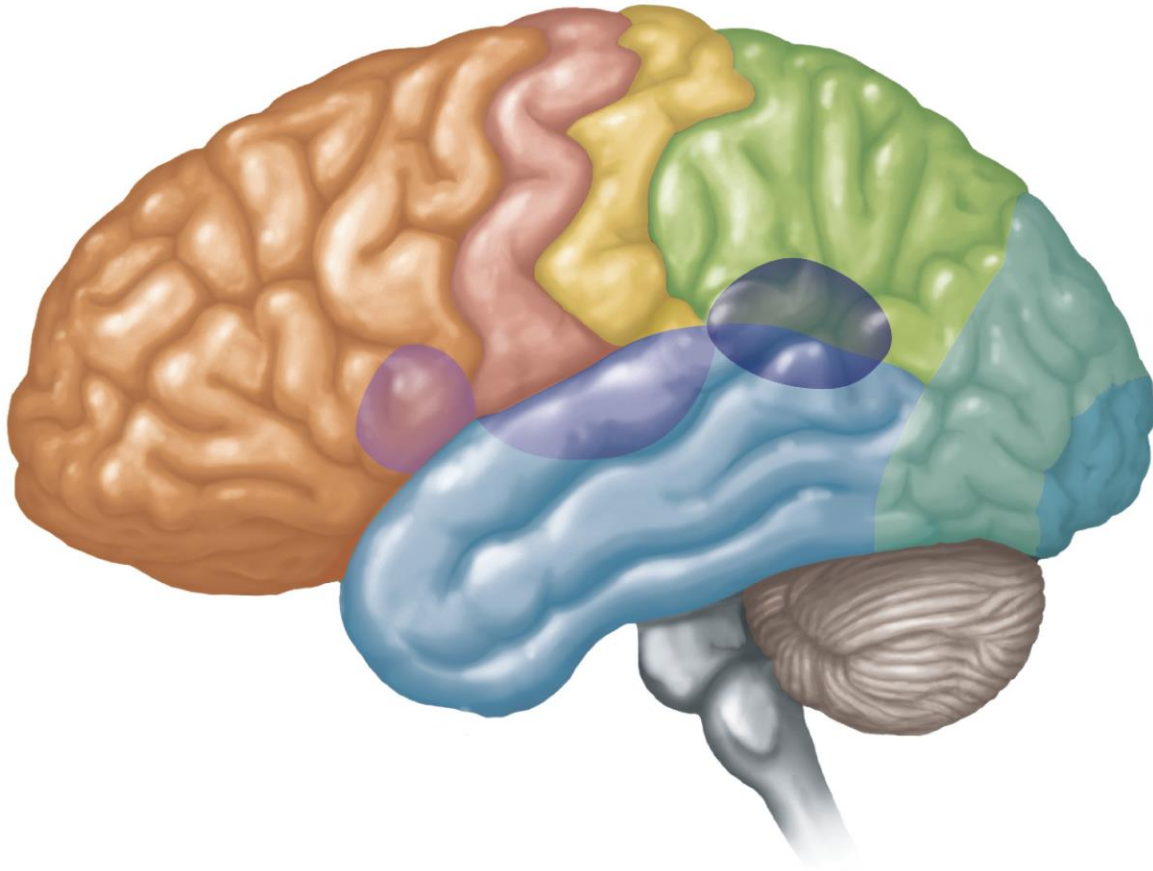
Dermal Functions:

KINESIOLOGY TRIAD: PHYSIOLOGICAL/CHEMICAL

Primary Neurotransmitter:

Neurological Control:

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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: