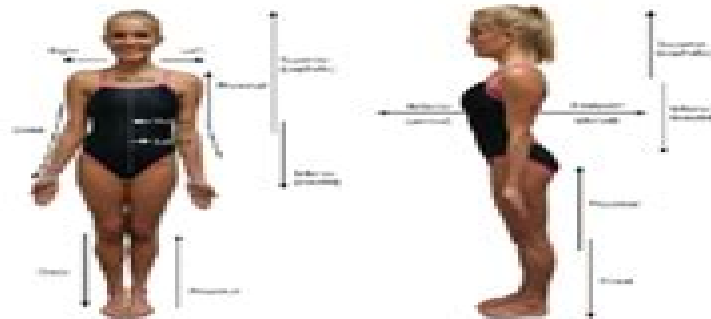


Chapter 1: Foundations of Structural Kinesiology

Basic Terms for Kinesiology:

- **Kinesiology**- Study of motion or human movement.
- **Anatomic Kinesiology**- study of human musculoskeletal system and musculotendinous system.
- **Biomechanics**- application of mechanical physics to human motion.
 - Shortening the resistance of an activity makes it biomechanically efficient to do things.
- **Structural Kinesiology**- Study of muscles as they are involved in science of movement.

Reference Positions



pasture, facing straight ahead, feet parallel and close & palm facing forward.

- **Anatomical Position**
All directional positions are based off of this
- Most widely used and accurate for all aspects of the body
- Standing Upright

Structural Kinesiology Study Guide Answers

Joacim Rocklöv



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