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Kinesiology: Scientific Basis of Human Motion

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Kinesiology: Scientific Basis of Human Motion

Kinesiology. The scientific study of human movement; involves the study of the skeletal framework, the structure of muscles and their functions, the action of the joints, and the neuromuscular basis of movement. Biomechanics.

Intro to Kinesiology - Chapter 6 Flashcards | Quizlet

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Since the 1950s, Kinesiology: Scientific Basis of Human Motion has remained the definitive kinesiology text for college students. The twelfth edition continues the text's tradition of examining human motion through the integrated presentation of anatomy and biomechanics and applying that knowledge to a wide variety of motor skills. This edition retains the text's strong coverage of physiology combined with current scholarship in biomechanics as applied to motor skills.

Provides undergraduate students with the basics of anatomy, physiology, and the applications of kinesiology. It uses a qualitative approach, and theory is balanced with many sport and real-world applications to promote the integrated nature of kinesiology, including the anatomical and biomechanical concepts.