

Kinesiology Flashcards PDF

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What is kinesiology?

Kinesiology is the scientific study of human movement.

What are the primary components of kinesiology?

The primary components of kinesiology include anatomy, biomechanics, physiology, and motor learning.

What is the role of biomechanics in kinesiology?

Biomechanics applies principles of mechanics to understand human movement and improve performance.

How does kinesiology contribute to rehabilitation?

Kinesiology helps in rehabilitation by assessing movement patterns and designing exercise programs to restore function.

What is the significance of motor learning in kinesiology?

Motor learning is significant in kinesiology as it focuses on how individuals acquire and refine movement skills.