

Contents

Foreword *viii*



CHAPTER 1
Introduction to Kinesiology
1

UNIT 1: Anatomical Kinesiology 17



CHAPTER 2
Human Anatomy: The Pieces of the Body Puzzle 19



CHAPTER 3
Out of Harm's Way: Sports Injuries 63

UNIT 2: Physiology of Movement 87



CHAPTER 4
Muscle Structure and Function 89



CHAPTER 6
Energy for Muscular Activity
123



CHAPTER 5
Muscles at Work 105



CHAPTER 7
The Heart and Lungs at Work
137

UNIT 3: Biomechanics and Motor Control 157



CHAPTER 8
How Do I Move? The Science of Biomechanics 159



CHAPTER 10
Information Processing in Human Movement 205



CHAPTER 9
Technology and Sport 189



CHAPTER 11
Movement Intelligence: A Vast Store of Motor Programs 223

UNIT 4: Fitness and Health 245



CHAPTER 12
Physical Fitness 247



CHAPTER 14
The Nutrition Connection
299



CHAPTER 13
Evaluation in Kinesiology
271



CHAPTER 15
**Weight Management: Finding
a Healthy Balance** 335

APPENDIX: Career Opportunities in Kinesiology 357



CHAPTER 16
Careers in Kinesiology 359

Glossary 376

References and Suggested
Readings 390

Key Terms Index 393