

Contents

Contributing Authors v Foreword viii

UNIT 1

Introduction to Kinesiology





CHAPTER 1 What Is Kinesiology? 3



CHAPTER 2 Careers in Kinesiology 17

UNIT 2

Anatomical Kinesiology





CHAPTER 3 What Is Anatomy? 39



CHAPTER 4 The Pieces of the Body **Puzzle: A Regional** Approach 55

UNIT 3

Physiology of Movement





CHAPTER 5 Muscle Structure and Function 99



CHAPTER 7 Energy for Muscular Activity 133



CHAPTER 6 Muscles at Work 117



CHAPTER 8 The Heart and Lungs at Work 149

UNIT 4

Biomechanics and Psychomotor Development





CHAPTER 9 The Science of **Biomechanics** 173



CHAPTER 10 Growth, Motor Development, and Physical Literacy 203



CHAPTER 11 Movement Intelligence: A Vast Store of Motor Programs 233



CHAPTER 13 Sport Psychology: The Mental Side of Human Performance 277



CHAPTER 12 Motor Learning in Practice: Skill Acquisition 253

Fitness and Health





CHAPTER 14 Introduction to Health and Wellness 301



CHAPTER 16 The Nutrition Connection 341



CHAPTER 15 Developing Physical Fitness 313



CHAPTER 17 Health and Weight Management 367

UNIT 6

Physical Activity and Sport in Society





CHAPTER 18 The History of Human Movement and Sport 389



CHAPTER 20 Physical Activity and Sport Issues 453



CHAPTER 19 Society, Culture, and Sport 413



CHAPTER 21 Philosophy of Sport 477

Glossary 494 Key Terms Index 507 References and Suggested Readings 513