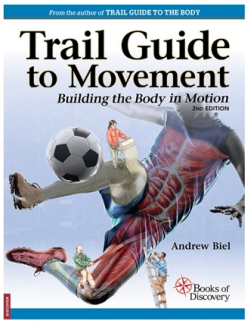

Books of Discovery
Learning adventures start here

INSTRUCTOR RESOURCE

Trail Guide to Movement, 2nd edition

Glossary by Chapter

CHAPTER 2 – THE ESSENTIALS OF MOVEMENT

balance: the even distribution of weight (p. 16)

coordination: the organization of different elements (p. 16)

dynamics: aspects of moving systems (p. 14)

kinematics: the analysis of movement in terms of mechanical elements (p. 14)

kinesiology: the study of movement (p. 14)

kinetic chain: a movement pattern's predictable sequence (p. 17)

kinetics: the study of forces that act on the body to generate or alter motion (p. 15)

mobility: the ability to move (p. 15)

proportion: corresponding in size to something else (p. 18)

stability: the ability to be firmly fixed or supported (pp. 14–16)

statics: aspects of nonmoving (or virtually nonmoving) systems (p. 14)

symmetrical: comprised of exactly similar parts facing each other (p. 18)

CHAPTER 3 – CONNECTIVE TISSUE, PART 1

cell: the basic structural, functional, and biological unit of all known living organisms (p. 23)

collagen fiber: a group of naturally occurring proteins found in animals, especially in the flesh and connective tissues of vertebrates (pp. 23–27)

colloidal: a property whereby a material is composed of solid particles suspended in fluid (p. 28)

creep: a gradual change in shape that occurs when tissues are subjected to a slow, continuous force from either compression, tension, or twisting (p. 26)

elastic: the capacity to recoil or rebound to an original length (or shape) after being stretched (or deformed) (p. 26)

elasticity: a muscle's ability to return to its original length and shape after it is shortened or lengthened (p. 26)

elastin fiber: a protein in connective tissue that is elastic and allows many tissues in the body to resume their shape after stretching or contracting (p. 24)

extracellular matrix: the part of animal tissue that usually provides structural support to the animal cells in addition to performing various other important functions (pp. 22–24)