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)