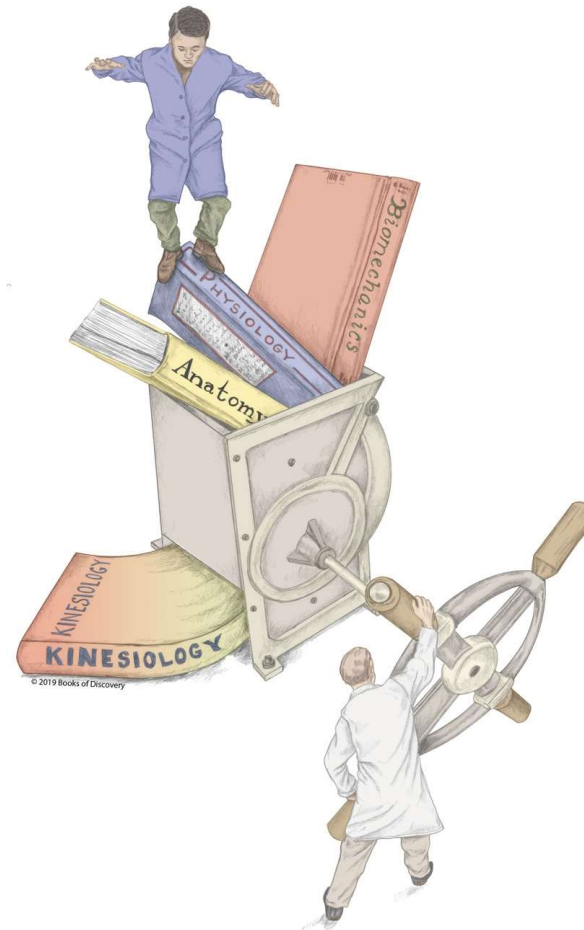
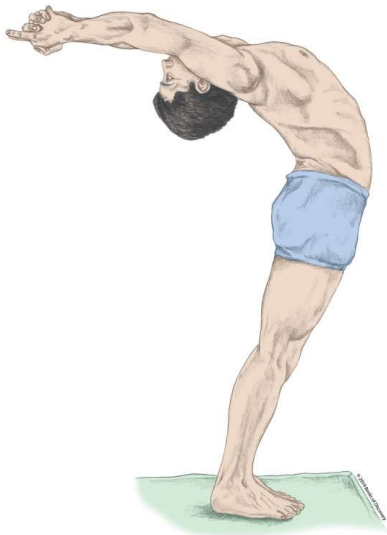


# Kinesiology

The study of movement



# Statics and Dynamics



# Mobility

The ability to move



# Balance

The even distribution of weight



# Biomechanical Principles

- laws of motion
- gravity, force, and torque
- levers

