

## **KINESIOLOGY**

### **Unit – I**

Meaning and definition – Brief history of Kinesiology – Academic and Professional objectives of kinesiology – Need and importance of kinesiology - Role of Kinesiology in Physical Education and Sports.

### **Unit – II**

Classification of joints and Muscles Terminology of fundamental Movements at the joints Flexion, Extension, abduction, Adduction, Rotation Circumduction etc – Multi – Joints Muscles.

### **Unit – III**

Structures and function of Joints – Elbow joint, Wrist Joint, Shoulder joint, Knee joint, and Ankle, Hip Joint.

### **Unit - IV**

Location, Origin, Insertion and action of the following muscles - Biceps, Triceps, Pectoralis Major Hamstring groups, Quartericeps groups, Gastrocnemius. Rectus abdomin us and Trapeziums.

### **Unit – V**

Application of Kinesiology Principles in fundamental Movement – walking, Running, Jumping Throwing, Pulling and Pushing.

### **Books for Reference**

1. Coper and Glassgow, Kinisiology joint, Louis C.V.Mosby Company 1976.
2. Dr.Dhavanjoy Shah Pedagogic Kinesiology sports publications New Delhi 1998.
3. Logan and McKinney “ Anatomic Kinesiology”
4. Raschi and Burke “Kinesiology and Applied Anatomy
5. Walks and Lutt gens “ Kinesiology”