Course Name: Bachelor of Physical Education

Year: IInd

Paper Name: Kinesiology and Physiology of Exercise

Paper No. 1

Topic No. 1 (Section A)

Topic Name: Kinesiology

Lecture No.: 1

Lecture Title

Kinesiology

FAQ's

Q1. How does the transverse plane divides?

A1. The transverse plane divides the erect body into equal-mass sections above and below the centre of gravity. Such rotational movements as a jump-turn, inward rotation of the humerus, and turning of the head left or right are all done in this plane.

Q2. What Kinesiology stresses on?

A2. Kinesiology stresses upon the mechanical aspects, but by necessity it also includes biological functions as they are directly related to performance. Hence, kinesiology deals with biological, mechanical, structure and movements of body.

Q3. What are the three classes of Planes?

A3. In common usage, there are three classes of planes:

- Sagittal plane
- Lateral plane
- Transverse plane

Q4. What is the function of Hamstring muscles?

A4. The hamstring muscle is a good example of the typical two-jointed muscle. At the lower insertion end the hamstrings are involved in the leg curl (knee flexion) which develops mainly the mid to lower hamstring. At the upper end (which is attached to the pelvis) hamstrings are involved in hip extension, which is seen in straight leg pulldowns on a pulley or with Active Cords in the pawback. The hamstring muscles have a powerful action at both joints.

Q5. What is Muscle angle of pull?

A5. The angle of pull is used to describe the angle of any muscle and the bone to which it's attached. Orthopedists and physical therapists use this term.

Although the term "angle of pull" was originally created and used by medical professionals, weight lifters and body builders use this term frequently when they are describing a specific technique. Orthopedists use this term when they are describing a person's range of motion.