

Kinesiology of Exercise Glossary

A

ABDUCTION. To move or draw away from the axis of the body or from one of its parts.

ADDUCTION. To move or draw toward the axis of the body or one of its parts.

ANKLE JOINT EXTENSION. Moving the toes (foot) away from the body. Also called plantar flexion.

ANKLE JOINT FLEXION. Moving the toes (foot) towards the shin. Also called dorsi flexion.

C

COMPOUND EXERCISE. A multi-joint exercise.

CONTRACTION. The shortening or thickening of a muscle fiber (a muscle in action).

D

DISTAL RADIO-ULNAR JOINT. A radio-ulnar joint at the wrist that is a pivot joint between the head of the ulna and the ulna notch of the radius.

DORSI. On or along the back.

E

ELBOW JOINT EXTENSION. Moving the forearm away from upper arm in an arm-straightening action.

ELBOW JOINT FLEXION. Moving the forearm toward the upper arm or vice versa.

EXTENSORS. Muscles that straighten joints or some part of the body.

F

FEMUR. The large bone in the thigh extending from the hip to the knee.

FIBULA. The slender bone in the calf extending from the knee to the foot.

FLEXION. The bending of a joint or limb by contraction of flexor muscles.

FLEXORS. Muscles that bend joints and pull limbs toward the body.

FRONTAL PLANE OF MOVEMENT. Plane that lies vertically and divides the body into anterior and posterior parts.

FRONTAL AXIS OF MOVEMENT. Axis that is formed by the intersection of the frontal and transverse planes

H

HIP JOINT EXTENSION. Moving the leg down and back to the anatomical straight-line position from a hip-flexed position.

HIP JOINT FLEXION. Moving the thigh forward at the hip.

HIP JOINT ABDUCTION. Moving one leg from the mid-line of the body out towards the side of the body.

HIP JOINT ADDUCTION. Moving one leg toward the other leg (toward the mid-line of the body) from an out-to-the-sides position.

HIP JOINT LATERAL ROTATION. Rotation of the femur outward (away from the other leg).

HIP JOINT MEDIAL ROTATION. Rotation of the femur inward (toward the other leg).

HUMERUS. The bone extending from the shoulder to the elbow.

HYPEREXTENSION. Extension beyond the anatomical straight line position of a joint.

I

ILIUM. One of the bones in the pelvic girdle.

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K

KNEE JOINT EXTENSION. Moving the shin away from the back of the thigh or vice versa.

KNEE JOINT FLEXION. Moving the back of the shin towards the back of the thigh or vice versa.

M

MIDDLE RADIO-ULNAR JOINT. A slightly movable ligamentous radio-ulnar joint at the forearm.

MUSCLE INSERTION. The ends of skeletal muscles are attached to two different bones, only one of which moves when the muscle contracts. The insertion is where the muscle meets the bone that does move.

MUSCLE ORIGIN. The ends of skeletal muscles are attached to two different bones, only one of which moves when the muscle contracts. The origin is where the muscle meets the bone that does not move.

N

NEUTRAL GRIP. A grip with the palms of the hands facing each other.

P

PELVIC GIRDLE. The collection of pelvic bones - the ilium, ischium, pubis, coccyx and sacrum.

PRONATED GRIP. A grip with the palms of the hands facing down or in.

PRONATION. Rotating the forearm so that the hand is turned palm down.

PRONE. Lying face downward.

PROXIMAL RADIO-ULNAR JOINT. A radio-ulnar joint at the elbow that is a pivot joint between the head of the radius and the radial notch of the ulna.

PUBIS. One of the bones in the pelvic girdle.

R

RADIAL FLEXION. Moving the thumb side of the hand away from the body when the arm is in the anatomical position, that is, when the palm faces forward.

RADIO-ULNAR JOINT. A combination of the proximal (elbow), middle and distal (wrist) radio-ulnar joints.

RADIUS. The shorter and thicker bone of the two bones of the forearm, on the same side as the thumb.

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S

SAGITAL AXIS OF MOVEMENT. Axis formed by the intersection of the sagittal and transverse planes.

SAGITAL PLANE OF MOVEMENT. Plane that lies vertically and divides the body into left and right parts.

SCAPULA. Shoulder blade.

SHOULDER GIRDLE. The clavicle and scapula.

SHOULDER GIRDLE ELEVATION. Raising the shoulder girdle upward.

SHOULDER GIRDLE DEPRESSION. Lowering the shoulder girdle downward.

SHOULDER JOINT EXTENSION. Moving the arm down and to the rear.

SHOULDER JOINT FLEXION. Moving the arm upward and in front of the body.

SHOULDER JOINT ABDUCTION. Moving the arm sideward and upward away from the body.

SHOULDER JOINT ADDUCTION. Moving the arm sideward and downward towards the body.

SHOULDER JOINT HORIZONTAL EXTENSION. Moving the arm horizontally from the front of the body towards the side. Also called shoulder joint horizontal abduction.

SHOULDER JOINT HORIZONTAL FLEXION. Moving the arm horizontally towards the front of the body. Also called shoulder joint horizontal adduction.

SHOULDER JOINT HORIZONTAL ABDUCTION. Moving the arm horizontally from the front of the body towards the side.

SHOULDER JOINT HORIZONTAL ADDUCTION. Moving the arm horizontally towards the front of the body.

SHOULDER JOINT LATERAL ROTATION. Rotation of the humerus outward.

SHOULDER JOINT MEDIAL ROTATION. Rotation of the humerus inward.

SPINAL EXTENSION. Return from a position of flexion to the anatomical position of the spine.

SPINAL FLEXION. Forward bending of the spine.

SPINAL LATERAL FLEXION. Bending sideways to the right or left.

SUPINATED GRIP. A grip with the palms of the hands facing up or out.

SUPINATION. Rotating the forearm so that the hand is turned palm up.

SUPINE. Lying on the back with face upward.

T

TIBIA. The large bone in the calf extending from the knee to the foot.

TRANSVERSE PLANE OF MOVEMENT. Plane that lies horizontally and divides the body into top and bottom parts

TRUNK. The body not including the head or limbs.

TROCHANTER. A prominence or process on the upper part of the femur serving for the attachment of muscles. The greater trochanter is situated on the outer side of the femur and the lesser trochanter is situated on the inner side of the femur.

W

WRIST JOINT ABDUCTION. Moving the thumb side of the hand away from the body when the arm is in the anatomical position, that is, when the palm faces forward. Also called radial flexion.

WRIST JOINT ADDUCTION. Moving the little finger side of the hand towards the body when the arm is in the anatomical position, that is, when the palm faces forward. Also called ulna flexion.

WRIST JOINT EXTENSION. Moving the back side of the hand towards the posterior surface of the forearm.

WRIST JOINT FLEXION. Moving the palm side of the hand towards the forearm.

U

ULNA. The larger of the two bones of the forearm, on the side opposite the thumb.

ULNA FLEXION. Moving the little finger side of the hand towards the body when the arm is in the anatomical position, that is, when the palm faces forward.

V

VERTEBRAE. A single bone or segment of the spinal column.

VERTICAL AXIS OF MOVEMENT. Axis formed by the intersection of the sagittal and frontal planes.

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