

Trail Guide to Movement, 1st Edition – Glossary of Terms by Chapter

CHAPTER 1 – INTRODUCTION

mobility – the ability to move (pg. 12)

CHAPTER 2 – THE ESSENTIALS OF MOVEMENT

balance – the even distribution of weight (pg. 18-19)

coordination – the organization of different elements (pg. 18-19)

dynamics – aspects of moving systems (pg. 17)

kinematics – the analysis of movement in terms of mechanical elements (pg. 18)

kinesiology – the study of movement (pg. 16)

kinetic chain – a movement pattern's predictable sequence (pg. 20)

kinetics – the study of forces that act on the body to generate or alter motion (pg. 18)

mobility – the ability to move (pg. 18)

proportion – corresponding in size to something else (pg. 21)

stability – the ability to be firmly fixed or supported (pg. 18)

statics – aspects of nonmoving (or virtually nonmoving) systems (pg. 17)

symmetrical – comprised of exactly similar parts facing each other (pg. 21)

CHAPTER 3 – CONNECTIVE TISSUE, PART 1

cell – the basic structural, functional and biological unit of all known living organisms (pg. 24)

collagen fiber – a group of naturally occurring proteins found in animals, especially in the flesh and connective tissues of vertebrates (pg. 25)

colloidal – a property whereby a material is composed of solid particles suspended in fluid (pg. 30)

creep – a gradual change in shape that occurs when tissues are subjected to a slow, continuous force from either compression, tension or twisting (pg. 28)

elastic – the capacity to recoil or rebound to an original length (or shape) after being stretched (or deformed) (pg. 28)

elasticity – a muscle's ability to return to its original length and shape after it is shortened or lengthened (pg. 28)

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 (pg. 26)

extracellular matrix – the part of animal tissue that usually provides structural support to the animal cells in addition to performing various other important functions (pg. 24-26)

facial tissue – the body's sheets, cables, conduits and paddings, composed of loose or dense connective tissue (pg. 33)

fibroblast – a type of cell that synthesizes the extracellular matrix and collagen (pg. 25)

ground substance – an amorphous gel-like substance surrounding cells; formed by the nonfibrous components of the extracellular matrix (pg. 24, 26)