

Kinesiology

Kinesiology is the scientific study of human movement. Ultimately, this discipline is the study of performance, where performance is a measure of how well we do something. For example, someone may want to know how to run a 5K faster or how to run farther. Another person may be interested in how to improve accuracy (e.g., golf) or how to jump higher. Likewise, others may be interested in how to rehabilitate an injury or how to help improve the functional capacity of someone who has had a cardiac event (e.g., heart attack).

People who work in the area of Kinesiology typically have a focus area (e.g., Biomechanics, Exercise Physiology, etc.). However, to understand performance, it is important to understand all aspects of human performance – from anatomy to central nervous system. Below is a simple model of the different areas in Kinesiology. For Biomechanics, we will focus on understanding forces and kinematics – but this information is only part of the entire discipline. It is important that the student in Kinesiology take courses in each of the areas – to understand performance, it is necessary to integrate the information from all the different focus areas.

