

PSK4U KINESIOLOGY JOINT MOVEMENT ASSIGNMENT

OVERVIEW

In a group of no more than 2, you are to re-construct a complex physical movement that occurs in all planes and describe the movement in detail. You will breakdown the movement into 5 phases, describe all movements that occur in each phase, describe all joints and types of joints used in each phase, and all muscles involved with each movement in each phase. You will also describe a common injury that occurs with this movement and a current medical procedure for that injury. You will present your movement in a class anatomy fair. The presentation should be approximately 15 minutes in length and include multimedia (Powerpoint, Prezi, video...).

1) RESOURCES

You are encouraged to use as many resources as possible to assist you in this assignment. Several anatomy and kinesiology-type textbooks exist that offer considerable detail. The internet will also be of value. A bibliography of resources must be included (at least 3).

2) EXPECTATIONS

The MOVEMENT should...

- Be complex enough that it occurs in all three planes of movement;
- Be broken down into 5 distinct phases (ie. Preparation, Backswing, Force-Producing, Critical Instant, Follow-through, etc);
- Have ~4 or more specific movements per phase.

The PRESENTATION should...

- Have interesting points or comments about the movement.
- Show an accurate visual representation of the movement (live or video...).
- Contain all of the movements involved in each movement phase.
- Describe each of the joints involved in the movements, along with the joint type.
- List all of the muscles involved for each movement in each phase. Listing muscles learned in class is basic expectation, while inclusion of muscles learned beyond class will be exceeding expectations. Be prepared to accurately describe where these muscles are located and how they affect each joint involved.
- Describe in detail a common injury for that movement.
- Explain in detail a current medical procedure for that specific injury
- Use a multimedia platform to make the information clear, understandable and interesting. Know your stuff and keep us awake. Read from the screen sparingly.
- A bibliography of resources must be included (at least 3).

ANATOMY FAIR: TBA