Contents

Preface ix

Credits xiii

Acknowledgments xi

Introduction xix Part I The Force-Motion Relation 1 **Chapter 1 Describing Motion** 3 Measurement Rules 3 **Motion Descriptors** 6 **Constant Acceleration 10** Up and Down 15 **Graphic Connections 20** Scalars and Vectors 22 Linear and Angular Motion 27 Curve Fitting and Smoothing 33 Electromyography 46 Summary 56 Suggested Readings 56 **Movement Forces** 57 Chapter 2 Laws of Motion 57 Free Body Diagram 59 Torque 62 Forces Due to Body Mass 64

Summary 118 Suggested Readings 118	
Chapter 3 Forces Within the Body 11	19
Musculoskeletal Forces 119 Static Analysis 137 Dynamic Analysis 150 Joint Forces, Torques, and Power 163 Summary 177 Suggested Readings 177	
Chapter 4 Running, Jumping, and Throwing 17	79
Walking and Running 179 Jumping 194 Throwing and Kicking 204 Summary 207 Suggested Readings 207	
Part I Summary 20	08
art II The Motor System 20)9
Chapter 5 Single-Joint System Components 21	11
Bone 211 Synovial Joint 216 Muscle 219 Tendon 225	
Neuron 229	
Schooly Receptor 252	
Summary 239 Suggested Readings 239	

Chapter 6 Single-Joint System Function	241
Excitable Membranes 241 Excitation-Contraction Coupling 251 Muscle Mechanics 257 Motor Unit 278 Feedback From Sensory Receptors 297	
Summary 312	
Suggested Readings 312	
Chapter 7 Multi-Joint Systems	313
Muscle Organization and Activity 313 Central Pattern Generators 327 Supraspinal Control 333 Movement Strategies 345 Summary 357 Suggested Readings 358	
Part II Summary	359
Part III Adaptability of the Motor System	361
Chapter 8 Acute Adjustments	363
Warm-Up Effects 363 Flexibility 368 Muscle Soreness and Damage 371 Muscle Fatigue 374 Muscle Potentiation 389 Arousal 393 Summary 396	
Suggested Readings 396	

viii

Chapter 9 Chronic Adaptations

397

Muscle Strength 397

Muscle Power 420

Adaptation to Reduced Use 426

Motor Recovery From Injury 435

Adaptations With Age 441

Summary 447

Suggested Readings 447

Part III Summary

448

Appendix A: SI Units 449
Appendix B: Conversion Factors 451
Appendix C: Equations 457
Glossary 461
References 485
Index 535
About the Author 556