

Contents

Foreword vii • Preface ix • To the Instructor xi • To the Student xiii
Acknowledgments xv • Credits xvii

Part I	An Integrated Approach to Qualitative Movement Diagnosis	1
Chapter 1	Interdisciplinary Nature of Qualitative Movement Diagnosis	3
	QMD in Kinesiology 4	
	Interdisciplinary Nature of QMD 7	
	Integrated Model of QMD 9	
	Summary 13	
	Discussion Questions 14	
Chapter 2	Models in Qualitative Movement Diagnosis	15
	Classifying Models of QMD 16	
	Overview of History and Models of QMD 16	
	Validity and Reliability of QMD 34	
	Summary 42	
	Discussion Questions 43	
Chapter 3	Role of the Senses and Perception in Qualitative Movement Diagnosis	45
	Theoretical Background for Senses and Perception in QMD 46	
	Senses 47	
	Using Senses to Understand Movement 58	
	Integration of Senses 59	
	Knowledge and Perception 62	
	A Gestalt 68	
	Summary 70	
	Discussion Questions 71	

Part II	Four Tasks in the Diagnosis and Improvement of Human Movement	73
Chapter 4	Preparation: Gathering Relevant Knowledge	75
	Knowledge of Activity 76	
	Knowledge of Performers 86	
	Knowledge of Effective Instruction 87	
	Preparing for the Next Task 94	
	Summary 94	
	Discussion Questions 94	
Chapter 5	Observation: Developing a Systematic Observational Strategy	97
	Proposals for Observational Strategies 99	
	Key Elements in a Systematic Observational Strategy 101	
	Integrated Use of All Senses 111	
	Summary 112	
	Discussion Questions 112	
Chapter 6	Evaluation and Diagnosis: Professional Critical Thinking	115
	Evaluation 116	
	Diagnosis 122	
	Further Practice 130	
	Summary 130	
	Discussion Questions 131	
Chapter 7	Intervention: Strategies for Improving Performance	133
	Feedback 134	
	Beyond Traditional Feedback 144	
	Further Practice 152	
	Summary 153	
	Discussion Questions 153	

**Part III Practical Applications
of Human Movement Diagnosis 155****Chapter 8 Video Replay Within Qualitative Movement Diagnosis 157**

- Introduction to Video Replay in Kinesiology 158
- Video Technology 162
- Making Video Recordings for QMD 168
- Video and Computers in QMD 172
- Further Practice 177
- Summary 178
- Discussion Questions 178

Chapter 9 Tutorials in Qualitative Movement Diagnosis 179

- QMD of Catching 181
- QMD of the Soccer Instep Kick 184
- QMD of Overarm Throwing 190
- QMD of the Disk (Frisbee) Throw or Toss 198
- QMD of the Squat Exercise 202
- QMD Explorations 208
- Summary 215
- Discussion Questions 215

Chapter 10 Theory-Into-Practice Situations 217

- “Cleared to Play” 218
- Theory-Into-Practice Situations for QMD 220
- Further Practice 239
- Summary 239
- Discussion Questions 239

Glossary 241 • Bibliography 245 • Index 271 • About the Author 277