

What is Movement Science?

- Causes and consequences of human movement including behavior, biological, and medical factors
- Consists of three disciplines:
 - o Biomechanics – applies principles of classical mechanics to study the human body of motion
 - o Exercise physiology – focuses on body’s response to exercise and movement, and the integration of knowledge in such areas as muscle mechanics, anatomy, endocrinology, microbiology, biochemistry, nutrition and systems physiology, as they relate to human movement
 - o Motor control – examines the ways movement is learned and controlled through both neural and behavioral mechanisms. Study about issues as skill acquisition, coordination and motor disorders with respect to balance and locomotion and eye, head, and limb movements