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Define kinesiology and explain its importance to the student of human motion. 2. Describe the major components of a kinesiological analysis. 3. Prepare a description of a selected motor skill, breaking it down into component phases and identifying starting and ending points. 4.

~~Chapter 1. Introduction to the Study of Kinesiology ...~~

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\u2013Kinesiology has transformed my health, not just the process itself but also learning more about my condition and how to manage it nutritionally and emotionally. I would recommend the process of Kinesiology with all my heart\u2013 \u2013 Louise, Emsworth

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Kinesiology helps get to the root causes and does not just deal with the symptoms of a problem. Kinesiology uses specialised lymphatic massage, nutrition, energy reflexes (using gentle acupressure), and emotional releasing to balance holistically. Investigation without intrusion. Assessments without judgement.

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Kinesiology literally means the study of movement, and has an interesting history. In its original form, it was an academic discipline studying the movement of the body, and how the body moves. Several academic Kinesiologists then focused on how the muscles causing movement could be assessed for their integrity of function using manual techniques.

### ~~A Brief History of Kinesiology | O'Neill Kinesiology College~~

Benefits of kinesiology Kinesiology is often used as a means of support by people who have chronic conditions that may not have benefited from conventional medicine. It can also be helpful to those who are lacking confidence or feel anxious about a forthcoming event, such as an exam or job interview.

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