Preface vii

Part I The Force–Motion Relation

Chapter 1 Describing Motion 3

Measurement Rules 3 Motion Descriptors 5 Constant Acceleration 9 Up and Down 13 Scalars and Vectors 17 Linear and Angular Motion 21 Curve Fitting and Smoothing 25 Summary 34 References 34 163

Chapter 2 Movement Forces 35

Laws of Motion 35 Describing Forces in Human Movement 36 Forces Due to Body Mass 40 Forces Due to the Surroundings 50 Musculoskeletal Forces 62 Summary 79 References 79

Chapter 3 Movement Analysis 81

Static Analysis 81 Dynamic Analysis 91 Momentum 105 Work 118 Summary 126 References 127

Chapter 4 Running, Jumping, and Throwing 129

Walking and Running 129 Jumping 145 Throwing and Kicking 155 Summary 157 References 158

Part | Summary 161

Part II The Motor System

Chapter 5 Excitable Membranes 165

Essentials of Electricity 165 Resting Membrane Potential 172

Neurons 175 Synaptic Transmission 184 Electromyography 195 Summary 203 References 204 **Chapter 6** Muscle and Motor Units 205 Muscle 205 Excitation–Contraction Coupling 209 Motor Unit 215 Muscle Mechanics 230 Summary 251 251 References **Chapter 7** Neural Control of Movement 255 Spinal Reflexes 255 Automatic Behaviors 280 Voluntary Actions 298 Summary 310 References 311

Part II Summary 315

Part III Adaptability of the Motor System 317

Chapter 8 Acute Adjustments 319

Warm-Up Effects 319 Flexibility 322 Muscle Soreness and Damage 326 Fatigue 331 Muscle Potentiation 362 Arousal 366 Summary 370 References 371

Chapter 9 Chronic Adaptations 377

Muscle Strength 377 Muscle Power 408 Adaptations to Reduced Use 414 Motor Recovery After Nervous System Injury 427 Adaptations With Age 436 Summary 450 References 451

Part III Summary 461

Appendix A: SI Units 463 Appendix B: Equations 465 Glossary 470 Index 486 About the Author 496