

Contents

Preface		ix
1 A philosophical introduction		1
1.1 Adequate language		1
1.2 Specific features of biological objects		2
2 Elements of history		5
2.1 From Ancient Greece to the early twentieth century		5
2.2 Classical biomechanics and neurophysiology of the twentieth century		11
2.3 Nikolai Bernstein and the levels of movement construction		15
Self-test questions		23
Essential references and recommended further readings		23
3 Features of the system for movement production		25
3.1 The muscle		25
3.2 Neurons and neural pathways		33
3.3 Sensory receptors		35
3.4 Reflexes		42
3.5 Motor redundancy		47
3.6 Motor variability		49
Self-test questions		50
Essential references and recommended further readings		51
4 Instructive examples		55
4.1 Do stars and planets measure the distances to each other?		55
4.2 Posture–movement paradox		57
4.3 Opening a door with a mug of coffee in one's hand		58
4.4 Tonic stretch reflex and voluntary movements		59
4.5 Equifinality and its violations		63
4.6 Effects of deafferentation on voluntary movements		65
Self-test questions		67
Essential references and recommended further readings		67
5 Control with forces and torques		69
5.1 Force control		69
5.2 Are interaction torques special? The leading-joint hypothesis		85

5.3	Generalized motor programs	88
	Self-test questions	89
	Essential references and recommended further readings	90
6	Control with muscle activations	93
6.1	Introduction	93
6.2	Dual-strategy hypothesis	95
6.3	Pulse-step model	101
6.4	Control of multi-muscle systems: muscle synergies	103
	Self-test questions	109
	Essential references and recommended further readings	110
7	Control theory approaches	113
7.1	The basic notions	113
7.2	Servo-control and Merton's servo-hypothesis	117
7.3	Optimal control	121
	Self-test questions	123
	Essential references and recommended further readings	124
8	Physical approaches	125
8.1	Mass-spring models	126
8.2	Threshold control	130
8.3	The equilibrium-point hypothesis	135
8.4	Control with referent configurations	143
	Self-test questions	146
	Essential references and recommended further readings	146
9	Coordination	149
9.1	Introduction	149
9.2	Optimization	150
9.3	Dynamical systems approach	154
9.4	Synergy	158
9.5	Perception-action interactions	163
9.6	Perception-action coupling	166
	Self-test questions	167
	Essential references and recommended further readings	168
10	Neurophysiological structures	171
10.1	The spinal cord	172
10.2	Central pattern generators	181
10.3	The brain: A general overview	187
10.4	Cortex of the large hemispheres	191
10.5	Loops through the basal ganglia	199
10.6	Loops involving the cerebellum	202
	Self-test questions	207
	Essential references and recommended further readings	208
11	Exemplary behaviors	211
11.1	Posture	212
11.2	Locomotion	227

11.3	Reaching	235
11.4	Prehension	247
	Self-test questions	256
	Essential references and recommended further readings	257
12	Effects of practice and adaptation	261
12.1	Introduction	261
12.2	Learning to be quick and accurate: Speed–accuracy and speed–difficulty trade-offs	263
12.3	Learning motor synergies	271
12.4	Stages in motor learning	274
12.5	Neural maps and their changes with practice	276
	Self-test questions	281
	Essential references and recommended further readings	282
13	Methods in motor control studies	285
13.1	General methodological issues	285
13.2	Mechanical analysis	288
13.3	Electromyography	296
13.4	Electroencephalography and magnetoencephalography	304
13.5	Transcranial magnetic stimulation	309
13.6	Brain imaging	314
	Self-test questions	319
	Essential references and recommended further readings	320
	Glossary	323
	Index	341