



FACULTY OF PHYSICAL CULTURE AND SPORTS

POST DIPLOMATIC-MASTER STUDIES

THEME:

**THE STRUCTURE OF KINESIOLOGY**

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## INTRODUCTION

Kinesiology phenomenon is terminological syntagm which is created from the Greek words kinezis (movement) and logos (word). Therefore, kinesiology represents the recognition of movements. In this context kinesiology is defined as the recognition of movements in terms of anatomical, physiological, mechanical and social aspect. In order to understand how the human body moves, we must understand the ways that the human body moves and results produced by the movement in the account of the body (mechanical, physiological, psychological) in feelings and ideas that have to do with body and environment (Nikos, M. Doukas 1988).

Kinesiology expression has to do with the study of the relation between muscle and body movement - presents the content of therapy that therapists are served under test of muscles' hand touching. Many think that kinesiology is therapy which is done with hands through which changes and ways of responding to the body can be ascertained under stress and daily loads.

Kinesiology is based on the fact that body language never lies. Sometimes we do not understand what the body wants to tell us, but it does not change the fact that the body always tries to tell us about the state of the inside. The human body presents many functions that interact among themselves. Some of these functions can be non-functioning to our body, and this is what kinesiology is for, to help us become better acquainted with these changes (Gruber, I., 2000).

The human body sends warning signs in order to notify us that something in our body is not going well: pain, breathing difficulties, obstacles on the cardiovascular system, fatigue, high or low blood pressure, pain in the joints, insomnia or loss of balance etc. Unfortunately, we often do not pay attention to these warnings early, but we wait for the last moment to make a move.

Kinesiology structure and its program in 80% of cases with health problems can provide successful treatment, for example the various muscle pain, breathing difficulties, neurological setbacks, depression and others. However, kinesiology is not cure for all diseases, but from a methodological point, it is a precision method by which eventual anomalies can be cured.

Therefore, kinesiology represents recognition of body movements, and attempts to put the human energy content into balance and reciprocity.

Every day and more we talk about kinesiology, however, most have little information about it, or else have no qualitative information on how kinesiology can help us in the treatment of many diseases and physical abnormalities. Therefore, to explain the idea about the world of kinesiology and its structure which will help us to benefit relevant information about its curative and preventive impact, we should ask these questions: What is kinesiology, how is it created, which is its meaning, how can it serve, what are the kinds of kinesiology? Further, the relation

between kinesiology and skills development, emotional state and kinesiology, kinesiology and stress, etc must be proven.

## **CONCLUSION**

Kinesiology is known today more than ever. Kinesiology once had its base in Eastern philosophy, traditional Chinese medicine and muscle testing technique. Kinesiology's goal is to eliminate blockages and correcting in the dysfunction of different systems, primarily bioenergy flow where consequently there are similarities in the application of methods and concepts used in acupuncture. However, it is worth mentioning that kinesiology deals with the turning energy system in normal condition through its methods, and checking the emotional aspect contributing to human health in general. Therefore, we can conclude that kinesiology rightly carries the natural medicinal holistic discipline attribute.

Only the muscular activity in general engages all systems and with this naturally and automatically boosts the physiological processes in the body. In order to be a positive influence of the kinesiology treatment, it has to exactly be planned, programmed and executed appropriately and in the end to evolve. Kinesiology transformation can be achieved only if we exercise regularly and with periodical repeat.

Besides its undisputed role, kinesiology at times when there are health abnormalities, it greatly affects and should be used as a reactive or proactive exercise in maintaining and improving health, increasing the morphological performance, physical education - sports, application learning of scientific research methodology.

The application of kinesiologic treatment is it important to respect the principles of quantification who insist that the parameters of the training process must be measured, load dosing and optimization to be respected in order to achieve the desired goal. In conclusion the state of improvement and the planned state should be compared.