Mechanical Analysis

The Purpose of the Mechanical Analysis is to demonstrate competence in the subject matter as it relates to Kinesiology (Human Movement). The Mechanical Analysis provides an analytical description of exercise skills in terms of phases and the various joint movements occurring in those phases, analyze an exercise to determine the joint movements and positions, the specific muscles involved and their contraction types in accomplishing those movements, and/or maintaining those positions, and learn to group individual muscles into units that causes, control, or prevent certain joint movements. Areas of emphasis for the evaluation of the Mechanical Analysis will include :(a) General description of the exercise or skill. Include the lifting/exercise procedures, Primary muscles trained, Common errors.(b) Phase I description (Anatomical Position to the Starting Position). Include chart with images of each position. Arears of emphasis will be the specific joints, starting position, action, segment moved (bone agonist muscles insert on), plane and axis of rotation, muscles, and contraction type. For each concentric joint action include the antagonist, neutralizers, stabilizers, and fixators.(c) Phase II description (Starting Position to the end of the Initial Movement Phase). In this phase if a joint did not change from the previous phase do not include in chart, just make note that it is constant in the description. Include chart with images of each position. Arears of emphasis will be the specific joints, starting position, action, segment moved (bone agonist muscles insert on), plane and axis of rotation, muscles, and contraction type. For each concentric joint action include the antagonist, neutralizers, stabilizers, and fixators.(d) Phase III description ( end of the Initial Movement Phase back to the end of the Secondary Movement Phase). In this phase if a joint did not change from the previous phase or phases do not include in chart, just make note that it is constant in the description. Include chart with images of each position. Arears of emphasis will be the specific joints, starting position, action, segment moved (bone agonist muscles insert on), plane and axis of rotation, muscles, and contraction type. For each concentric joint action include the antagonist, neutralizers, stabilizers, and fixators. (e) Use APA Formatting