

PSK 4U1

Kinesiology

Unit 6: Joints and Articular System

Essential Question(s): What are the three types of joints in the body? How are they different and what are some examples of each? What are the six types of Synovial Joints and how do they function? What are some examples of each? What are the characteristics of Synovial Joints? Where is each part of a synovial joint located and what is its function? What are some common joint injuries? How can we treat these injuries using S.H.A.R.P. and P.I.E.R.?

Essential Vocabulary to Learn: Articular System / Joints / Synovial Joint / Osteoarthritis / Cartilage / Dislocation / Separation / Bursitis / S.H.A.R.P. / P.I.E.R. / Sprain

	Kinesiology
October 8th, 2020	Unit #6: Joints and Articular System
<u>Questions and Vocab:</u> -> What are the three types of joints in the body? How are they different and what are some examples? - Fibrous - Cartilaginous - Synovial	<u>Notes:</u> <u>Types of Joints</u> - Fibrous joints (synarthrosis) - bound by cartilage and are immovable - E.g. skull suture - Cartilaginous joints (amphiarthrosis) - connected by cartilage and are slightly moveable - E.g. vertebra - Synovial joints (diarthrosis) - join bones, are attached by ligaments, and tough bands of elastic tissue which enclose the ends to articulate ends. Allow for movement! - E.g. knee  Fibrous (skull suture) Cartilaginous (vertebrae) Synovial (knee)

Introductory Kinesiology Grade 1

Guillaume Favre



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Catalog University of Colorado Boulder, 2003 **Journal of Sport Psychology**, 1979 **Catalog** Kansas State Teachers College of Emporia, 1918 **Research Methods in Physical Activity** Jerry R. Thomas, Philip Martin, Jennifer L. Etnier, Stephen J. Silverman, 2023 *Research Methods in Physical Activity* Eighth Edition offers step by step information for every aspect of the research process providing guidelines for research methods so that students feel capable and confident using research techniques in kinesiology and exercise science disciplines **Courses Catalog - University of Illinois at Urbana-Champaign** University of Illinois at Urbana-Champaign, 2000 Includes undergraduate and graduate courses

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