**Biomechanics**

**Terminology:**

Exercise – any activity that improves the body’s basic function

Fitness – generally refers to one’s cardiovascular capacity and muscular strength

Training – any combination of exercises that serve to make the body more efficient

Biomechanics – the application of the principles of physics to the human body

Kinesiology – the study of movement

Kinematics – the study of the space and time aspects of movement

Kinetics – the study of the forces involve in movement