



Commentary

Severe Consequences on Human Health

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Received date: 16 December, 2020; Accepted date: 30 December, 2020;

Published Date: 11 January, 2021

Kinesiology is that the study of human and nonhuman animal-body movements, performance, and performance by applying the sciences of Biomechanics, Anatomy, Physiology, Exercise Physiology, Biochemistry, Nutrition, and Neuroscience. Applications of kinesiology in human-health include education teacher, rehabilitation, health and safety, health promotion, workplaces, sport and exercise industries. A baccalaureate in kinesiology can provide strong preparation for graduate study in biomedical research, also as in professional programs, like Medicine, Dentistry, physiotherapy, physical therapy, and Chiropractor. Whereas the term "kinesiologist" is neither a licensed nor professional designation within the us nor most countries (with the exception of Canada), individuals with training during this area can teach education, work as personal trainers and sport coaches, provide consulting services, conduct research and develop policies associated with rehabilitation, human motor performance, ergonomics, and occupational health and safety. In North America, kinesiology may study to earn a Bachelor of Science, Master of Science, or Doctorate of Philosophy degree in Kinesiology or a Bachelor of Kinesiology degree, while in Australia or New Zealand, they're often conferred an engineering (Human Movement) degree (or higher). Many doctoral level faculties in North American kinesiology programs received their doctoral training in related disciplines, like neuroscience, engineering, psychology, and physiology. Neuroplasticity is additionally a key scientific principle utilized in kinesiology to explain how movement and changes within the brain are related. The human brain adapts and acquires new motor skills supported this principle. The brain are often exposed to new stimuli and experiences and thus learn from them and make new neural pathways hence resulting in brain adaptation. These new adaptations and skills include both adaptive and maladaptive brain changes. Recent empirical evidence indicates the many impact of physical activity on brain function; for instance, greater amounts of physical activity are related to enhance cognitive function in older adults. The consequences of physical activity are often distributed throughout the entire brain, like higher grey matter density and substantia Alba integrity after exercise training, and/or on specific brain areas, like greater activation in prefrontal cortex and hippocampus. Neuroplasticity is additionally the underlying mechanism of skill acquisition. For instance, after long-term training, pianists showed greater grey matter density in sensorimotor cortex and substantia Alba integrity within the internal capsule compared to non-musicians.

The absence of movement, as a biotic need of each living being, has severe consequences on human health. This fact is extremely important within the times characterized by a growing tendency to neglect movement. This has been recognized by scientists who have generated a huge body of research tackling this issue. This is often a really advanced area of research considering the complexity of human movement and therefore the incontrovertible fact that the study of the event of principles of movement requires an interdisciplinary approach. Movement has been studied throughout the history and there has been a long-standing got to produce a reputation for a scientific study of movement applicable within the areas of education, sport, recreation and kinesitherapy. The foremost adequate term for the science of movement is kinesiology. The word "kinesiology" was coined in Europe within the mid-19th century. In Croatia, it only came into wider use in 1967. In Europe, the predominant use of the word "sport" within the terms sport science(s) or sport studies is perhaps a results of social, economic and historical factors shaping the meaning of the word "sport" in Europe. The term kinesiology is increasingly recognized and accepted because the adequate term for the science handling an in depth scope of multidisciplinary study of human movement, regular physical activity of various duration, intensity, purpose and content, also as its effect on the body and lifetime of the individual and society as an entire. Things within kinesiology don't necessarily affect the broader academic community; however, this problem concerns the position of kinesiology within the wider scientific community and its struggle for recognition and identity. Within the structure of sciences, kinesiology falls into the group of social sciences. Of these sciences are mutually intertwined, whereby the findings from one science are adopted by the opposite during a different form. There are not any independent sciences.

Citation: Oliveira (2021) systems and Working Methods to Improve Physical Ergonomics. J Ergon Res 4:1



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