KINESIOLOGY – SYSTEMATIC REVIEW

Abstract
The absence of movement, as a biotic need of every living being, has severe consequences on human health. This fact is extremely important in the modern world characterised by a growing tendency to neglect movement. This has been recognised by scientists who have generated a vast body of research tackling this issue. This is a very advanced area of research considering the complexity of human movement and the fact that the study of the development of principles of movement require an interdisciplinary approach. Movement has been studied throughout the history and there has been a long-standing need to produce a name for a scientific study of movement applicable in the areas of education, sport, recreation and kinesitherapy. The most adequate term for the science of movement is kinesiology. The word “kinesiology” was coined in Europe in the mid 19th century. In Croatia, it only came into wider use in 1967. In Europe, the predominant use of the word “sport” in the terms sport science(s) or sport studies is probably a result of social, economic and historical factors shaping the meaning of the word “sport” in Europe. The term kinesiology is increasingly recognised and accepted as the adequate term for the science dealing with an extensive scope of multidisciplinary study of human movement, regular physical activity of different duration, intensity, purpose and content, as well as its effect on the body and life of the individual and society as a whole. The situation within kinesiology does not necessarily affect the wider academic community; however, this problem concerns the position of kinesiology in the wider scientific community and its struggle for recognition and identity. In the structure of sciences, kinesiology falls into the group of social sciences. All these sciences are mutually intertwined, whereby the findings from one science are adopted by the other in a different form. There are no independent sciences. Kinesiology and its disciplines constitute a homogenous research area reflecting distinct and real human needs which cannot be addressed without adopting a scientific approach (Mraković, 1997).

Key words: kinesiology, definition, content, integration, terminology, purpose