**Fitness Session 3 Resources**

A list of all the resources used for fitness session 3.

**Books**

Martini, F.H., Ober, W.C., Bartholomew, E.F., Nath, J.l. (2013). Visual Essentials of Anatomy and Physiology.

**Websites**

<https://www.the-scientist.com/daily-news/endocrine-role-for-skeleton-46225>

<https://aaronkuehn.com/art/skeleton-typogram>

<http://droualb.faculty.mjc.edu/Course%20Materials/Elementary%20Anatomy%20and%20Physiology%2050/Lecture%20outlines/skeletal%20system%20I%20with%20figures.htm>

<http://www.medicinenet.com/senior_exercise/page4.htm>

<https://en.oxforddictionaries.com/definition/mobility>

<http://en.wikipedia.org/wiki/Synovial_joint>

[Http://blog.arthritis.org/living-with-arthritis/exercise-benefits-for-joints/](http://blog.arthritis.org/living-with-arthritis/exercise-benefits-for-joints/) <http://www.medicinenet.com/script/main/art.asp?articlekey=24762>

<https://www.teachpe.com/anatomy-physiology/the-skeleton-bones/planes-of-movement>

Great resource for articulations with respect to EXERCISES: [http://www.exrx.net/Lists/Articulations.html](https://www.youtube.com/watch?v=-GCgaoRdeaU)

<https://kinstretch.com/difference-mobility-flexibility/>

<http://www.livestrong.com/article/332519-what-are-the-benefits-of-good-flexibility/>

<http://www.exrx.net/Lists/Tests.html>

<http://www.sportsscience.co/flexibility/how-often-and-how-long-should-i-stretch-to-improve-flexibility/>

<http://www.humankinetics.com/excerpts/excerpts/types-of-stretches>

<http://www.yogajournal.com/category/anatomy/>

**You tube**

Anatomical Position: <https://www.youtube.com/watch?v=kvHWnJwBkmo>

Totally zen video about joint movement terminology: <https://www.youtube.com/watch?v=5YcNAPzDxDg>

London bridge fast version: <https://www.youtube.com/watch?v=oA6HiaV1RlU>

Normal version:  [https://www.youtube.com/watch?v=-GCgaoRdeaU](https://www.youtube.com/watch?v=oA6HiaV1RlU)

Anatomical Terms of Movement: <https://www.youtube.com/watch?v=5YcNAPzDxDg>

SIt and Reach Test: [https://www.youtube.com/watch?v=uBrF5VfxrmM Sit and Reach test](https://www.youtube.com/watch?v=uBrF5VfxrmM)