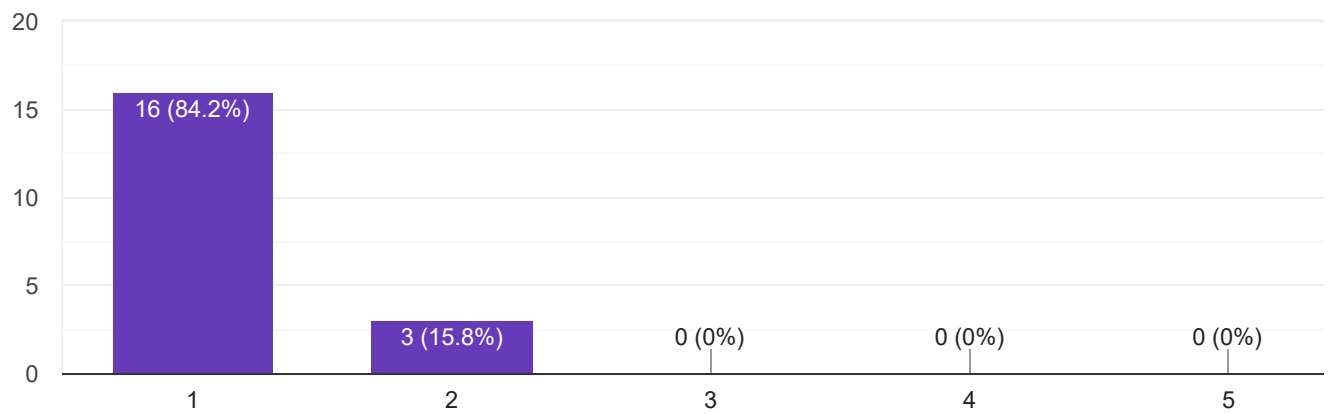


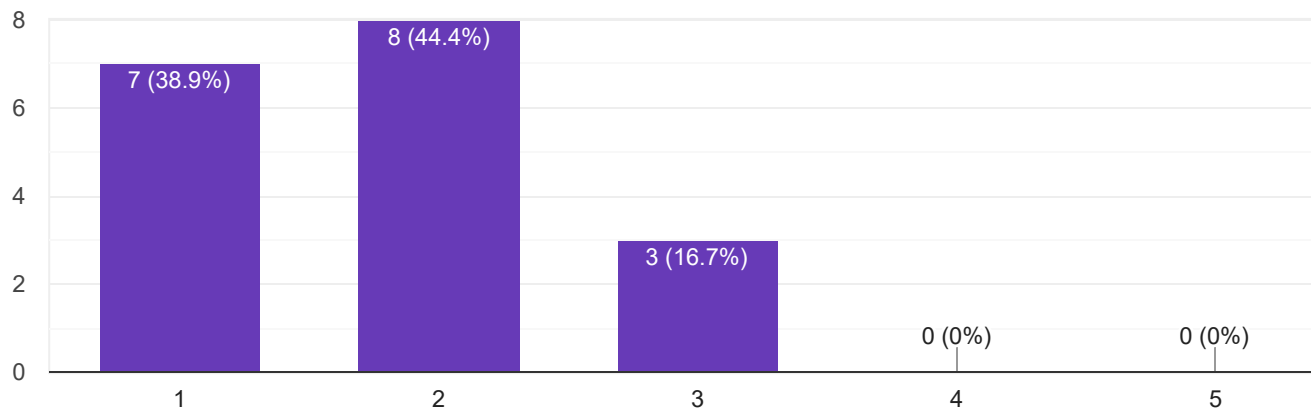
4.1 Multijoint overlapping muscles can account for muscle activity in one area of the body affecting many other parts of the body. (Lecture 4.1)

19 responses



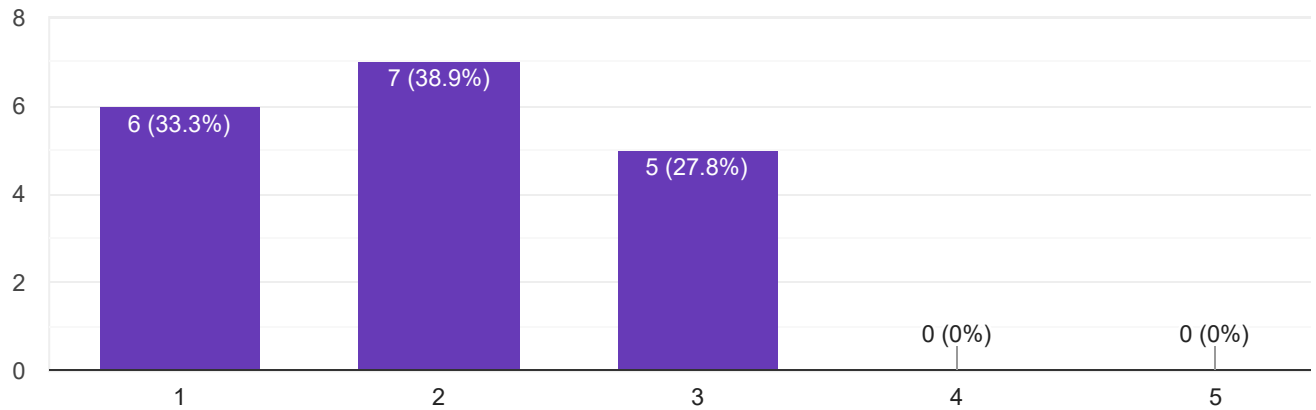
4.2 The main explanations from Alison and Ian Loram's experiment make sense and seem like the most reasonable explanations for the data. (Lecture 4.1)

18 responses



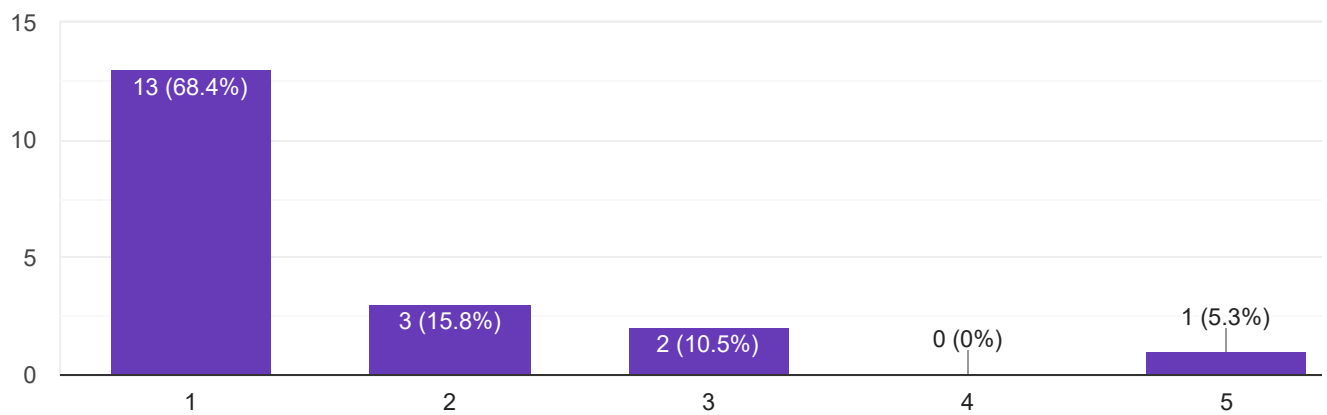
4.3 Ian Loram's experiment is a good example of primary control in action (Lecture 4.1)

18 responses



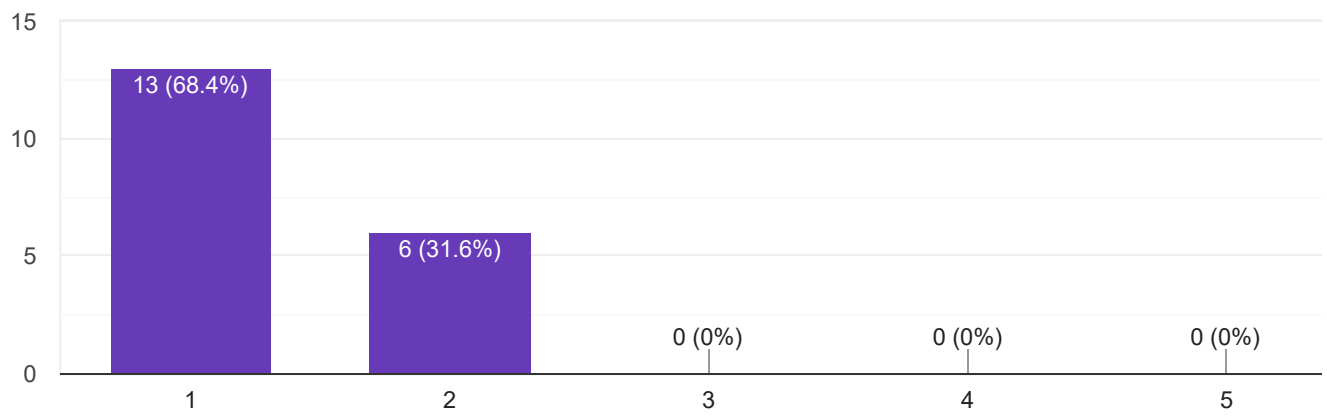
4.4 Tensegrity is not a viable model for the human back. (Lecture 4.1)

19 responses



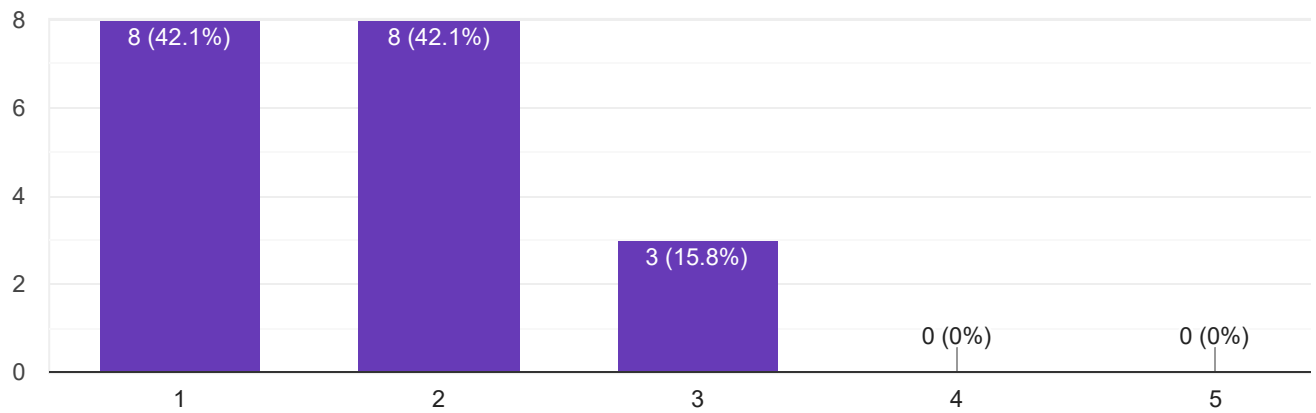
4.5 Shifting muscular effort from superficial to deep muscles of the back is one of the important mechanisms of AT (Lecture 4.1)

19 responses



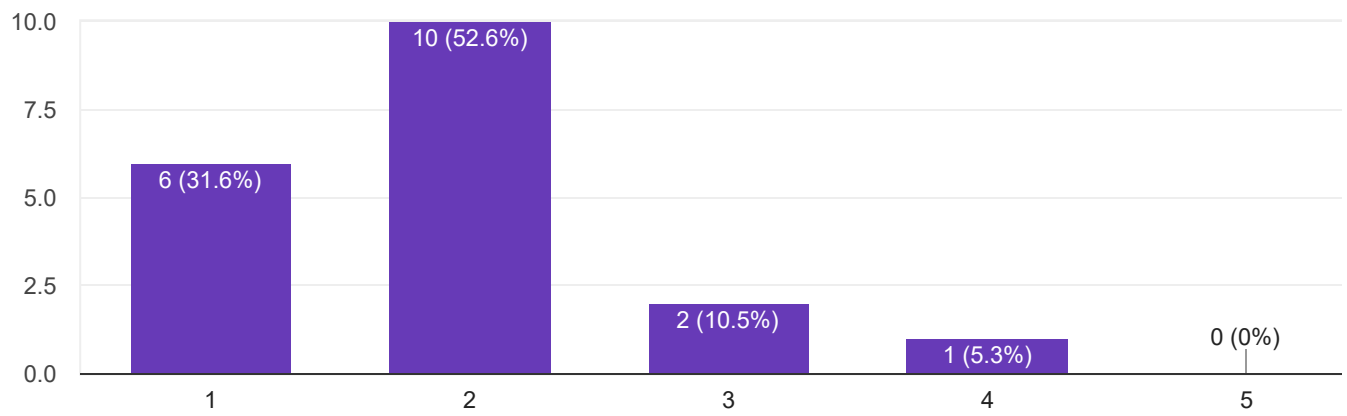
4.6 I understand the basic biomechanics of slouching vs. sitting with a lengthened spine (Lecture 4.1)

19 responses



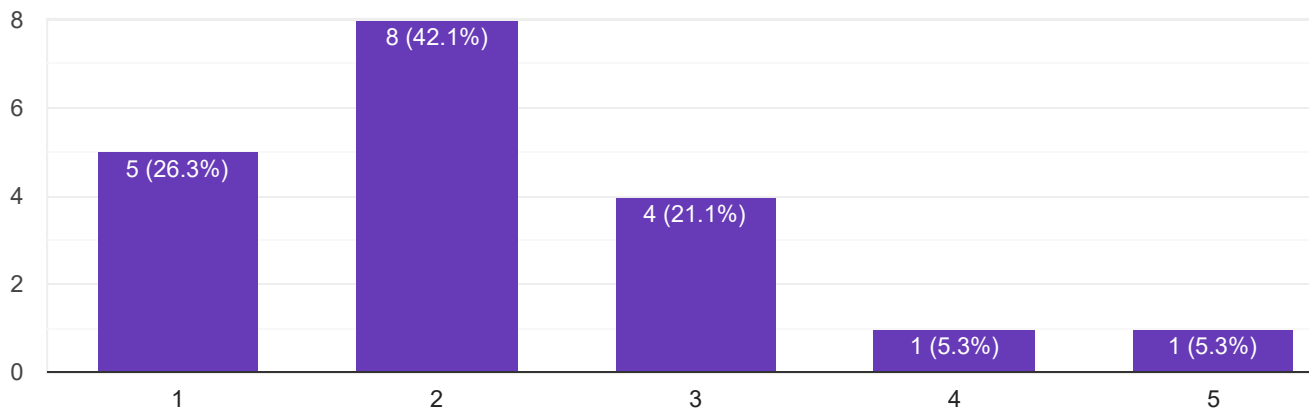
4.7 I understand some of the basic mechanisms by which muscle activity is interconnected neurologically. (Lecture 4.2)

19 responses



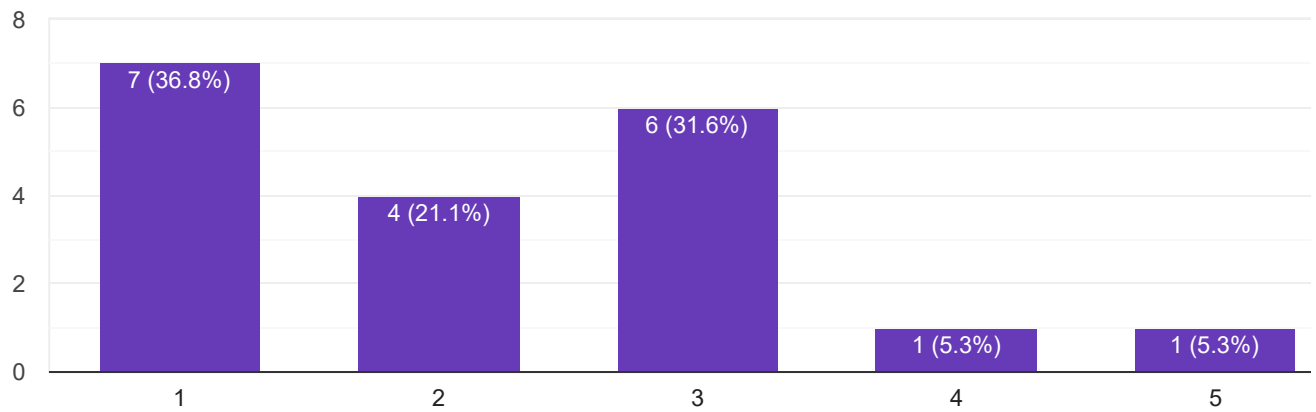
4.8 The laws of physics prevents a cat from turning its body in mid air by simply twisting its head in the direction of the turn (Lecture 4.2)

19 responses



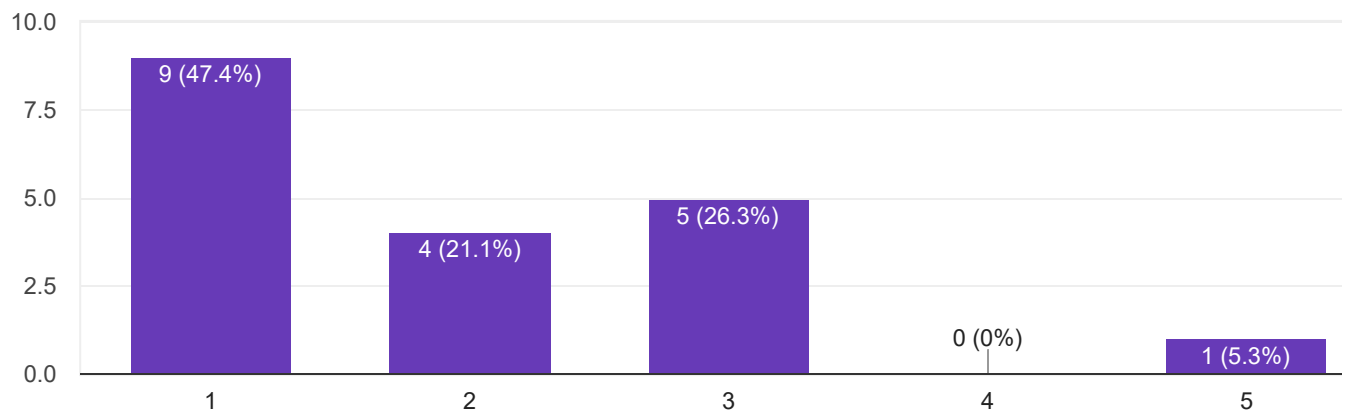
4.9 The explanation of the falling cat changes my understanding of the science of "head leads body follows"

19 responses



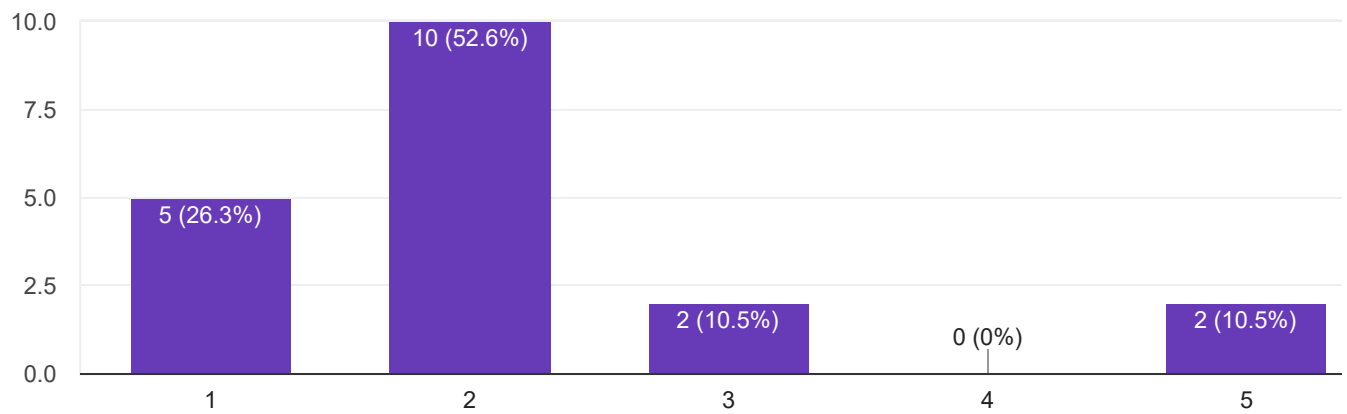
4.10 I understand what anticipatory stabilization is and why it can lead to muscle activity far away from the moving body part (Lecture 4.2)

19 responses



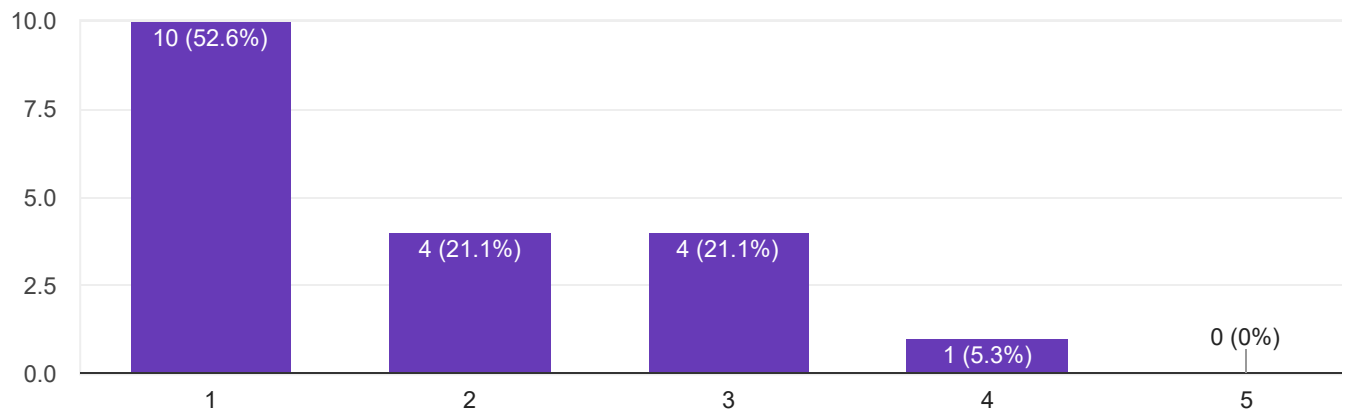
4.11 I understand why the trunk lean experiment may be an example of changes in body schema rather than just local changes in automatic muscle activity. (Lecture 4.2)

19 responses



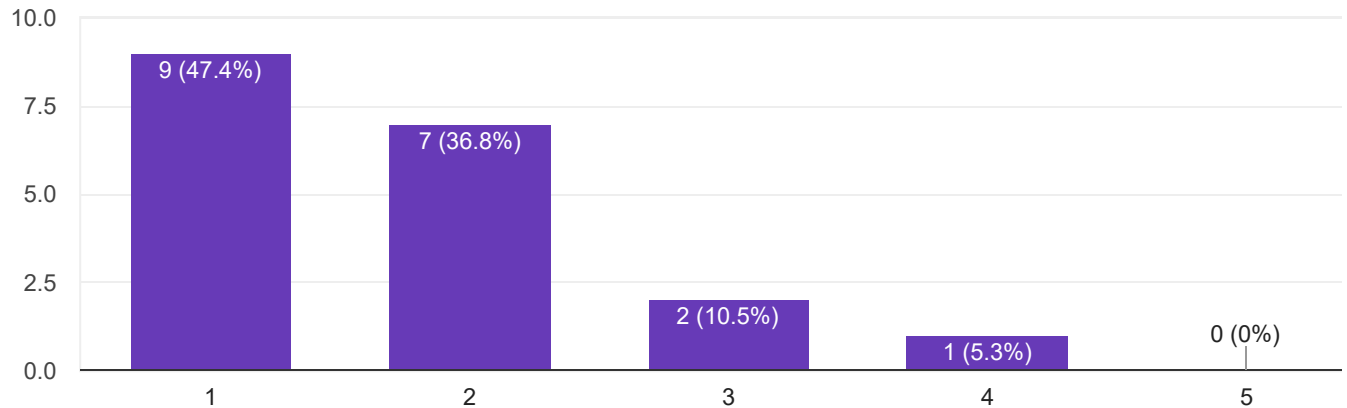
4.12 In general, the presentation of a variety of possible mechanisms for muscle activity in one part of the body affecting others (spreading) changes the way I think about whole body effects and patterns during lessons and my own practice. (Webinar 4, entire)

19 responses



4.13 Primary control is an example of a spreading phenomenon as described in webinar 4

19 responses



Do you have any comments about these topics?

7 responses

In 4.12 I understood the phenomenon of spreading before. I just didn't have the word. So it doesn't change my way of thinking.

It is a stimulating topic to think about. It will take me some time to translate the science information into my own language without losing the connection to the scientific validations. It needs a little time to blend.

"I understand the basic biomechanics of slouching vs. sitting with a lengthened spine (Lecture 4.1)"
The problem is I don't agree with your understanding of biomechanical explanation of slouching, no way to disagree with the premise in the scale. The scale is measuring my degree of understanding.

"head leads body follows" It all depends on what you mean by the head leads...what does it lead, the movement in space or the lengthening of the back?

Again no way to answer in the rating scale.

question 4.2, 4.3 and 4.4 are not clear, needs more explanation in the question.

1) The Loram experiment was done in good faith and they did as well as they could. I just believe that