

Kinesiology – A terminology analysis on kinesiology by Victoria Ermel

The first time I came into contact with kinesiology was during a holistic medical treatment which included “Emotional Stress Release”. This first experience of the valuable effect of a kinesiology method was a decisive step for me to begin further research of this subject.

I took part in a half-day introduction workshop by Dr. med. György Irmey, director of the “Gesellschaft für Biologische Krebsabwehr” (an alternative cancer treatment information center) in Heidelberg and a member of the scientific advisory board of the “Internationale Kinesiologie Akademie” (IKA) in Frankfurt. Besides having an insight into the main theoretical principles, the course participants were able to have their first experience with muscle testing and its various forms of application as well as to learn some methods for emotional stress release and resistance improvement.

There was no better opportunity to intensify my knowledge of kinesiology than my thesis for my degree as translator at the “Translation and Interpreting Department” of the University of Heidelberg. The diploma theses there are either on cultural or terminological topics. With kinesiology I decided in favor of the second possibility. Terminology theses at the Translation and Interpreting Department are written in German and consist of an introduction into the translation related terminology work, a technical part on the subject and a German-English terminology database containing the main or at least mostly used technical terms and collocations of the particular subject. For easy consultation they are linked with the technical part.

The goal of such a terminology thesis is to give translators and interpreters as well as laymen interested in the field a well-grounded insight into the subject. It is of benefit especially to translators and interpreters since terminology research takes up most of the working time.

My thesis provides an introduction into kinesiology and gives an idea of the wide range this fast-developing method covers. The theoretical bases were given by relevant popular literature such as “Das Praxisbuch der Kinesiologie” by Leila Parker, a well-informative introduction for the kinesiological layman providing an extensive overview of the entire field of kinesiology.

For more detailed information on the various assessment methods I consulted medical textbooks such as the “Applied Kinesiology” by Hans Garten or “Touch for Health” by John F. Thie. Websites of various kinesiology associations are also a good source for the latest developments concerning training courses, research projects and ongoing kinesiology developments. The basic course “Touch for Health I” (15 hours at 60 min each) at the “Internationale Kinesiologie Akademie” consolidated and deepened my practical understanding of kinesiology.

The bilingual terminology database, the first database of its kind for kinesiology, is based on English originals like Maggie La Tourelle’s and Anthea Courtenay’s “Introductory Guide to Kinesiology” or David S. Walther’s “Applied Kinesiology”.

The technical part of my thesis starts with a short introduction into kinesiology as well as its principal bases TCM and Chiropractics. It follows the history of the development of the two original kinesiology systems Applied Kinesiology and Touch for Health as well as the basic concept of all kinesiology methods, the Triad of Health. My thesis also deals with the principal assessment methods, the therapeutic and self-help techniques as well as with kinesiology treatment and training.

My intensive occupation with kinesiology and especially with my first practical experiences I was able to gain during the workshop by Dr. Irmey and the Touch for Health I course at the Internationale Kinesiologie Akademie, have confirmed my desire to completely integrate this complementary method into my life.

Owing to its positive development towards recognition, the extensive research and the growing public interest, kinesiology becomes more and more relevant for translators and interpreters. My terminology thesis wants to take that into account.

Literature

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From 1998-1999 High School, Oregon, USA. 2002-2007 study in translation at the University in Heidelberg, several stays abroad. Since 2004 side job at the Gesellschaft für Biologische Krebsabwehr (GfBK) Heidelberg. 2006 terminology thesis on kinesiology. Since spring 2007 graduate translator for English and French.