

Module 3: Sensation and Perception

Topic 4 Content: Body Senses Notes


Introduction

Body Senses

Vestibular Sense

Kinesthetic Sense

Introduction



Your two body senses help you to move throughout the world. Without these senses, you would lack a stable equilibrium and feel very dizzy. You may even fall down. In this interactivity, click each tab to learn about your vestibular and kinesthetic sense.

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Vestibular Sense

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Vestibular Sense

Vestibular Sense



Kinesthetic Sense

Vestibular sense is your sense of position and is generated primarily by the semicircular canals in your inner ear. As fluid moves around the loops above the cochlea, the position of this fluid gives important signals to your brain about the location of your head, and therefore, the location of your body as well. If you have ever been on a roller coaster, or spun around in a chair and then tried to walk, you have experienced the dizziness that comes from the signals of your vestibular sense not matching up with other sensory information, such as your vision.

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Kinesthetic Sense

Body Senses

Vestibular Sense

Kinesthetic Sense



Kinesthetic sense is your sense of movement, and of the relative position of your body parts to one another. Detectors exist throughout your body that enables the kinesthetic sense. These detectors allow you to sense if a leg is outstretched or bent, or if your torso is twisted to the left. If you have ever had your leg go to sleep, or felt the effects of local anesthesia, then you have experienced a disruption to your kinesthetic sense. Although very rare, individuals who have lost their kinesthetic sense have described feeling disembodied.

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